



Eggplant Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small eggplants
- ☐ 3 large eggs
- ☐ 2 cups italian-seasoned breadcrumbs
- ☐ 0.8 cup parmesan cheese grated
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 16 ounce spaghetti sauce
- ☐ 24 inch rolls split italian hard
- ☐ 3 tablespoons water

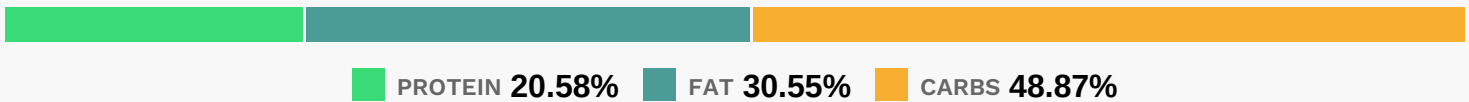
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Cut eggplants crosswise into 1/4-inch slices.
- ☐ Combine breadcrumbs and Parmesan cheese.
- ☐ Whisk together eggs and 3 tablespoons water. Dip eggplant into egg mixture, and dredge in breadcrumb mixture.
- ☐ Place on baking sheets coated with cooking spray. Coat eggplant with cooking spray.
- ☐ Broil 12 inches from heat (with electric oven door partially open) 5 minutes on each side.
- ☐ Place eggplant evenly on roll halves, and place rolls on baking sheet. Top with spaghetti sauce, and sprinkle evenly with mozzarella cheese.
- ☐ Broil 3 to 5 more minutes or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:16.227826180665%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 284.53kcal (14.23%), Fat: 9.83g (15.13%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 29.52g (10.73%), Sugar: 8.47g (9.41%), Cholesterol: 89.4mg (29.8%), Sodium: 983.08mg (42.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Manganese: 0.64mg (31.95%), Selenium: 19.54µg (27.92%), Phosphorus: 242.63mg (24.26%), Vitamin B1: 0.36mg (24.06%), Calcium: 238.65mg (23.87%), Fiber: 5.87g (23.48%), Iron: 3.86mg (21.44%), Vitamin B2: 0.36mg (21.29%), Folate: 76.36µg (19.09%), Vitamin K: 19.94µg

(18.99%), Vitamin B3: 3.19mg (15.95%), Potassium: 553.8mg (15.82%), Copper: 0.25mg (12.54%), Vitamin B6: 0.25mg (12.39%), Vitamin A: 607.91IU (12.16%), Vitamin B12: 0.72µg (12.03%), Zinc: 1.8mg (11.99%), Magnesium: 46.76mg (11.69%), Vitamin B5: 1.02mg (10.22%), Vitamin E: 1.51mg (10.06%), Vitamin C: 7.3mg (8.85%), Vitamin D: 0.48µg (3.19%)