



Eggplant Snack Sticks

READY IN



20 min.

SERVINGS



8

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup egg substitute
- 1.3 pounds eggplant
- 0.8 teaspoon garlic salt
- 1 teaspoon seasoning italian
- 0.5 cup parmesan cheese grated
- 1 cup pasta sauce warmed
- 0.5 cup wheat germ toasted

Equipment

baking sheet

oven

Directions

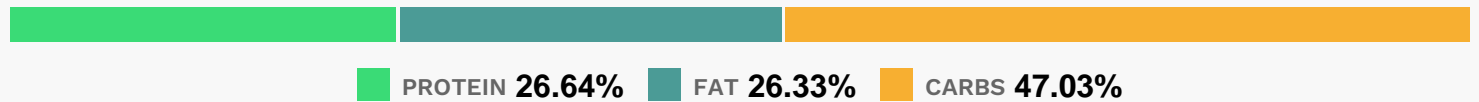
Cut eggplant lengthwise into 1/2-in.-thick slices, then cut each slice lengthwise into 1/2-in. strips. In a shallow dish, combine the wheat germ, cheese, Italian seasoning and garlic salt. Dip eggplant sticks in egg substitute, then coat with wheat germ mixture. Arrange in a single layer on a baking sheet coated with cooking spray.

Spritz eggplant with cooking spray. Broil 4 in. from the heat for 3 minutes.

Remove from the oven. Turn sticks and spritz with cooking spray. Broil 2 minutes longer or until golden brown.

Serve immediately with spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:10.539999930755%

Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 2.68g (4.12%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.12g (2.59%), Sugar: 3.91g (4.34%), Cholesterol: 5.44mg (1.81%), Sodium: 504.74mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Manganese: 1.17mg (58.62%), Selenium: 14.48µg (20.69%), Fiber: 3.64g (14.56%), Phosphorus: 136.59mg (13.66%), Vitamin B1: 0.19mg (12.69%), Vitamin B6: 0.21mg (10.53%), Folate: 41.91µg (10.48%), Potassium: 364.01mg (10.4%), Zinc: 1.49mg (9.93%), Vitamin B2: 0.16mg (9.58%), Magnesium: 36.81mg (9.2%), Calcium: 83.8mg (8.38%), Copper: 0.16mg (7.87%), Iron: 1.33mg (7.37%), Vitamin B5: 0.73mg (7.28%), Vitamin E: 0.97mg (6.46%), Vitamin B3: 1.29mg (6.45%), Vitamin A: 240.97IU (4.82%), Vitamin K: 5.03µg (4.79%), Vitamin C: 3.78mg (4.59%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.27µg (1.81%)