



 **25%**
HEALTH SCORE

Eggplant Tomato Bake

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce angel hair pasta
- 0.5 cup breadcrumbs dry
- 1 small eggplant sliced into 1/4 inch rounds
- 2 eggs
- 0.5 cup flour all-purpose
- 2 tablespoons seasoning italian
- 1 cup parmesan cheese grated
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 cup ricotta cheese

- 14 ounce pasta sauce
- 1 tomatoes thinly sliced
- 2 tablespoons water

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan
- ziploc bags

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a plastic bag, combine the flour, bread crumbs and Italian seasoning. Shake to mix. In a shallow bowl, whisk together the eggs and water.
- Heat the oil in a large skillet over medium-high heat. There should be enough oil to thinly coat the bottom of the skillet. Dip the eggplant slices in egg, then place in the bag and shake to coat. Fry the slices in the skillet until golden brown on each side.
- Remove, and drain on paper towels.
- Spread a thin layer of spaghetti sauce in the bottom of a 9 inch square baking dish. Cover with the eggplant slices, then top with more sauce.
- Mix together the ricotta cheese and Parmesan cheese; spread over the eggplant.
- Spread sauce over the cheese, and top with tomato slices. Cover with more sauce, and spread remaining cheese over the top.
- Bake for 30 minutes in the preheated oven, or until cheese is melted and sauce is bubbling.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add the pasta, and cook for about 3 minutes, or until tender.

- Drain.
- Serve the eggplant tomato bake over pasta.

Nutrition Facts

PROTEIN 18.47% **FAT 31.1%** **CARBS 50.43%**

Properties

Glycemic Index:65.5, Glycemic Load:29.19, Inflammation Score:-9, Nutrition Score:30.244347655255%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 660.68kcal (33.03%), Fat: 23.04g (35.44%), Saturated Fat: 10.77g (67.3%), Carbohydrates: 84.04g (28.01%), Net Carbohydrates: 74.84g (27.22%), Sugar: 11.14g (12.38%), Cholesterol: 135.21mg (45.07%), Sodium: 1098.5mg (47.76%), Alcohol: 0g (100%), Protein: 30.77g (61.54%), Selenium: 70.08µg (100.11%), Manganese: 1.31mg (65.67%), Phosphorus: 511.68mg (51.17%), Calcium: 468.04mg (46.8%), Fiber: 9.2g (36.79%), Vitamin B2: 0.6mg (35.25%), Folate: 117.18µg (29.3%), Iron: 5.07mg (28.15%), Potassium: 972.35mg (27.78%), Vitamin B1: 0.41mg (27.47%), Vitamin A: 1365.59IU (27.31%), Vitamin K: 26.95µg (25.67%), Copper: 0.5mg (25.08%), Zinc: 3.71mg (24.75%), Magnesium: 98.62mg (24.66%), Vitamin B3: 4.91mg (24.54%), Vitamin E: 3.45mg (23.02%), Vitamin B6: 0.43mg (21.61%), Vitamin C: 13.73mg (16.65%), Vitamin B5: 1.62mg (16.17%), Vitamin B12: 0.79µg (13.19%), Vitamin D: 0.69µg (4.59%)