



Eggplant & Tomato Napoleons

READY IN



38 min.

SERVINGS



38

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 1 eggs
- 2.3 lb eggplants ends trimmed peeled
- 0.3 cup basil fresh chopped
- 2 Tbsp olive oil divided
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup seasoned bread crumbs dry
- 1 cup mozzarella cheese shredded kraft
- 2 large tomatoes cut into 4 slices

2 tsp water

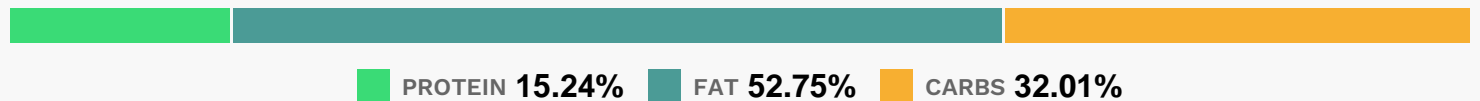
Equipment

frying pan

Directions

- Drizzle 2 Tbsp. dressing over tomatoes in shallow dish; set aside. Beat egg and water in pie plate until well blended.
- Mix bread crumbs and Parmesan in separate pie plate.
- Combine mozzarella, remaining dressing and basil.
- Heat 1 Tbsp. oil in large nonstick skillet on medium heat. Meanwhile, dip each eggplant slice in egg mixture, then in crumb mixture, turning to evenly to coat both sides of each slice.
- Add, in batches, to skillet; cook 3 to 4 min. on each side or until golden brown, adding remaining oil as needed.
- Transfer to plate.
- Place 1 eggplant slice on each of 4 serving plates; top each with 1 tomato slice and about 3 Tbsp. mozzarella mixture. Repeat all layers. Cover with remaining eggplant slices.

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:2.1008695467659%

Flavonoids

Delphinidin: 23.01mg, Delphinidin: 23.01mg, Delphinidin: 23.01mg, Delphinidin: 23.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 40kcal (2%), Fat: 2.41g (3.71%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.38g (1.53%), Cholesterol: 7.22mg (2.41%), Sodium: 67.76mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.09mg (4.62%), Fiber: 1g (4%),

Vitamin K: 3.6µg (3.43%), Phosphorus: 28.53mg (2.85%), Calcium: 28.05mg (2.8%), Potassium: 93.37mg (2.67%), Vitamin A: 129.21IU (2.58%), Folate: 10.12µg (2.53%), Vitamin C: 1.97mg (2.39%), Selenium: 1.56µg (2.23%), Vitamin B1: 0.03mg (2.05%), Vitamin B2: 0.03mg (2.02%), Vitamin B6: 0.04mg (1.84%), Vitamin E: 0.26mg (1.77%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.67%), Magnesium: 6.6mg (1.65%), Vitamin B12: 0.09µg (1.53%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.18%), Iron: 0.21mg (1.17%)