



Eggplant-Ziti Parmesan

READY IN



525 min.

SERVINGS



8

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium eggplant peeled thinly sliced
- 2 eggs beaten
- 0.5 cup pecorino cheese grated
- 15 ounce ricotta cheese
- 1 pinch salt and pepper to taste
- 1 pound mozzarella cheese shredded
- 16 ounce ziti dry

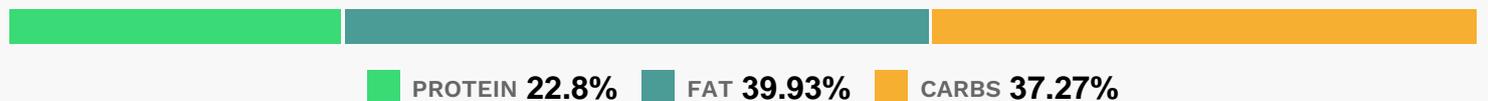
Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Place the eggplant slices in a bowl, and sprinkle with salt.
- Let drain over a bowl in the refrigerator for at least an hour. I like to do this overnight.
- Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add ziti pasta, and cook for about 6 minutes, or until almost tender. It will cook the rest of the way in the oven.
- Drain.
- Mix together the ricotta cheese and eggs in a small bowl. Stir in half of the mozzarella cheese and Pecorino Romano cheese.
- Spread a thin layer of sauce in the bottom of a 9x13 inch baking dish. Arrange layers of eggplant, cheese, ziti pasta, and more sauce all the way to the top of the pan. Top with remaining mozzarella cheese.
- Bake for 45 minutes in the preheated oven, until heated through and cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:18.35, Inflammation Score:-6, Nutrition Score:18.044782617818%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 527.17kcal (26.36%), Fat: 23.26g (35.79%), Saturated Fat: 13.46g (84.11%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 45.34g (16.49%), Sugar: 4.35g (4.83%), Cholesterol: 119.32mg (39.77%), Sodium: 500.17mg (21.75%), Alcohol: 0g (100%), Protein: 29.88g (59.77%), Selenium: 57.64µg (82.34%), Calcium: 486.08mg (48.61%), Phosphorus: 474.88mg (47.49%), Manganese: 0.68mg (33.86%), Vitamin B12: 1.64µg (27.36%), Zinc: 3.47mg (23.11%), Vitamin B2: 0.39mg (23.1%), Magnesium: 59.13mg (14.78%), Vitamin A: 718.33IU (14.37%), Fiber: 3.53g (14.13%), Copper: 0.24mg (11.87%), Potassium: 377mg (10.77%), Vitamin B6: 0.2mg (9.82%), Folate: 38.76µg (9.69%), Iron: 1.56mg (8.67%), Vitamin B5: 0.79mg (7.94%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.1mg (6.93%), Vitamin K: 4.12µg (3.92%), Vitamin D: 0.58µg (3.9%), Vitamin E: 0.53mg (3.53%), Vitamin C: 1.26mg (1.53%)