



 **48%**
HEALTH SCORE

Eggplant Parmesan Heros

READY IN



45 min.

SERVINGS



4

CALORIES



1415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 48 inch bread crumbs italian halved lengthwise
- 3.5 cups sandwich bread fresh white firm lightly toasted fine (from sandwich bread)
- 1.3 lb eggplant
- 5 large eggs lightly beaten
- 2 cups flour all-purpose
- 1 lb mozzarella fresh thinly sliced
- 2 garlic clove chopped
- 3 tablespoons olive oil

- 1 small onion finely chopped
- 3 ounces parmesan finely grated
- 2 teaspoons salt
- 56 oz canned tomatoes whole canned
- 2 cups vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- wax paper
- tongs
- colander

Directions

- Heat olive oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden, about 5 minutes.
- Add garlic and sauté, stirring, 1 minute.
- Add tomato purée, 1/2 teaspoon salt, and 1/4 teaspoon pepper and simmer, uncovered, stirring occasionally, until slightly thickened, about 30 minutes.
- Toss eggplant slices with 1 teaspoon salt in a colander set over a bowl, then let stand 30 minutes.
- Stir together flour, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper in a shallow bowl, then stir together bread crumbs and Parmigiano-Reggiano in another shallow bowl.
- Dredge eggplant slices in flour, shaking off excess, then dip in egg, letting excess drip off, and dredge in bread crumbs until evenly coated.

- Transfer eggplant to sheets of wax paper, arranging slices in 1 layer.
- Preheat oven to 400°F.
- Heat vegetable oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then fry eggplant 4 slices at a time, turning over once, until golden brown, 2 to 3 minutes per batch.
- Transfer with tongs to paper towels to drain.
- Arrange bottom halves of bread loaves on a large baking sheet and tops on another large baking sheet, all with cut sides up.
- Spread 1/4 cup tomato sauce on each top and bottom. Divide eggplant between bottom halves, overlapping slices slightly. Top each (open-faced) sandwich with 1/4 cup tomato sauce and one fourth of mozzarella.
- Bake open-faced sandwiches in lower third of oven until cheese melts, about 3 minutes. When cheese begins to melt, put tops of loaves in upper third of oven and bake until edges are golden, 3 to 4 minutes (watch tops closely; they burn easily). Put tops on bottoms to make sandwiches, then slice into serving pieces.

Nutrition Facts

PROTEIN 16.25%

FAT 52.07%

CARBS 31.68%

Properties

Glycemic Index:80.69, Glycemic Load:50.94, Inflammation Score:-9, Nutrition Score:53.719130723373%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1415.42kcal (70.77%), Fat: 82.67g (127.19%), Saturated Fat: 31.54g (197.12%), Carbohydrates: 113.18g (37.73%), Net Carbohydrates: 100.87g (36.68%), Sugar: 28.47g (31.63%), Cholesterol: 336.54mg (112.18%), Sodium: 3176.9mg (138.13%), Alcohol: 0g (100%), Protein: 58.07g (116.13%), Calcium: 1096.88mg (109.69%), Selenium: 74.72µg (106.74%), Phosphorus: 913.4mg (91.34%), Vitamin B2: 1.39mg (81.51%), Manganese: 1.45mg (72.4%), Folate: 282.45µg (70.61%), Vitamin B1: 1.05mg (69.71%), Vitamin K: 67.01µg (63.82%), Iron: 10.98mg (60.99%), Vitamin B12:

3.4µg (56.61%), Vitamin B3: 10.94mg (54.7%), Vitamin C: 41.79mg (50.66%), Vitamin E: 7.47mg (49.8%), Fiber: 12.31g (49.22%), Zinc: 6.38mg (42.56%), Potassium: 1478.73mg (42.25%), Vitamin B6: 0.83mg (41.58%), Vitamin A: 1770.03IU (35.4%), Magnesium: 135.4mg (33.85%), Copper: 0.61mg (30.45%), Vitamin B5: 2.6mg (26.01%), Vitamin D: 1.81µg (12.07%)