



WHAT'SHEATE



Fried Eggplant and Mozzarella with a Roasted Marinara Dipping Sauce



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil leaves
- ☐ 1 cup bread crumbs
- ☐ 4 servings coarse salt
- ☐ 1 large eggs lightly beaten ()
- ☐ 1 eggplant thinly sliced ()
- ☐ 0.5 cup flour
- ☐ 1 pound mozzarella cheese fresh thinly sliced ()

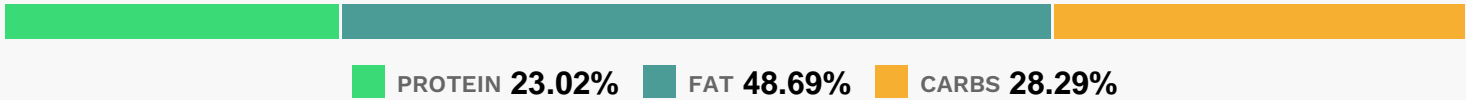
☐ 4 servings oil for frying

Equipment

Directions

- ☐ Sprinkle the salt onto the eggplants slices and let rest for 20 minutes.
- ☐ Rinse the salt from the eggplant slices and pat them dry.
- ☐ Form sandwiches out of 2 slices of eggplant with a slice of mozzarella and a basil leaf in the middle.
- ☐ Dredge the eggplant sandwiches in the flour.
- ☐ Dip them into the egg and then in the bread crumbs to coat.
- ☐ Fry in oil until golden brown, about 2–4 minutes each.
- ☐ Cut into four and serve with a tasty tomato sauce.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:10.3, Inflammation Score:-7, Nutrition Score:23.14565205574%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 575.43kcal (28.77%), Fat: 31.14g (47.9%), Saturated Fat: 15.9g (99.38%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 35.61g (12.95%), Sugar: 6.98g (7.75%), Cholesterol: 136.08mg (45.36%), Sodium: 1122.87mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.24%), Calcium: 645.38mg (64.54%), Phosphorus: 516.2mg (51.62%), Selenium: 35.57µg (50.81%), Vitamin B12: 2.79µg (46.52%), Vitamin B2: 0.61mg (35.76%), Manganese: 0.68mg (34.07%), Vitamin B1: 0.47mg (31.21%), Zinc: 4.17mg (27.82%), Folate: 97.85µg (24.46%), Fiber: 5.1g (20.42%), Vitamin A: 965.91IU (19.32%), Vitamin B3: 3.6mg (18.01%), Vitamin K: 18.78µg (17.88%), Iron: 3.08mg (17.08%), Magnesium: 56.54mg (14.14%), Potassium: 441.22mg (12.61%), Copper: 0.21mg (10.67%), Vitamin B6: 0.2mg (10.1%), Vitamin B5: 0.89mg (8.95%), Vitamin E: 1.23mg (8.18%), Vitamin D: 0.7µg (4.69%), Vitamin C: 2.88mg (3.49%)