



 **29%**  
HEALTH SCORE

## Grilled Eggplant Parmesan

READY IN



45 min.

SERVINGS



2

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons breadcrumbs dry italian-style
- 1 pound eggplant cut lengthwise into 1/2-inch-thick slices
- 0.3 cup basil fresh thinly sliced
- 0.3 cup basil fresh thinly sliced
- 0.3 cup olive oil
- 2 tablespoons parmesan cheese freshly grated
- 1.3 cups pizza cheese shredded
- 8 ounces plum tomatoes thinly sliced

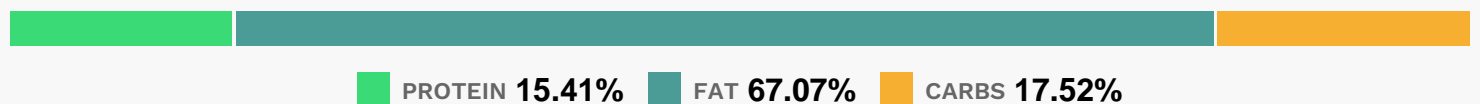
## Equipment

- bowl
- grill

## Directions

- Stir cheese mix, breadcrumbs, and 1/3 cup basil in medium bowl to blend.
- Prepare barbecue (medium heat).
- Sprinkle eggplant and tomatoes with salt and pepper.
- Brush 1 side of eggplant slices with some oil. Grill, oiled side down, until bottom side is tender and grill marks appear, about 3 minutes.
- Brush second side of eggplant slices with more oil; turn over and top grilled side with tomatoes, then cheese mixture.
- Sprinkle with Parmesan.
- Drizzle with remaining oil. Cover and grill until tomatoes are tender and cheese melts, about 7 minutes.
- Transfer eggplant slices to plates.
- Sprinkle with remaining 2 tablespoons basil and serve.

## Nutrition Facts



## Properties

Glycemic Index:104, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:18.878695671325%

## Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 617.86kcal (30.89%), Fat: 48.28g (74.28%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 19.65g (7.14%), Sugar: 11.64g (12.93%), Cholesterol: 19.28mg (6.43%), Sodium: 313.63mg (13.64%), Alcohol: 0g (100%), Protein: 24.95g (49.91%), Vitamin K: 67.1µg (63.9%), Manganese: 0.84mg (42.17%), Vitamin E: 5.28mg (35.19%), Fiber: 8.74g (34.97%), Vitamin A: 1462.02IU (29.24%), Vitamin C: 21.97mg (26.62%), Calcium: 258.01mg (25.8%), Potassium: 840.79mg (24.02%), Folate: 83.34µg (20.84%), Vitamin B6: 0.31mg (15.49%), Copper: 0.31mg (15.45%), Vitamin B1: 0.23mg (15.41%), Vitamin B3: 2.88mg (14.42%), Magnesium: 55.4mg (13.85%), Phosphorus: 134.33mg (13.43%), Vitamin B2: 0.17mg (9.95%), Iron: 1.74mg (9.66%), Vitamin B5: 0.83mg (8.26%), Selenium: 4.97µg (7.11%), Zinc: 0.98mg (6.55%), Vitamin B12: 0.1µg (1.71%)