



WHATSheATE



## Grilled Eggplant Parmesan



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2 eggplant (1 lb. each)



1 tablespoon herb mix dried italian



10 ounces mozzarella cheese



0.3 cup olive oil



0.3 cup parmesan cheese grated



3 tablespoons parsley chopped



26 oz pasta sauce



4 servings salt and pepper

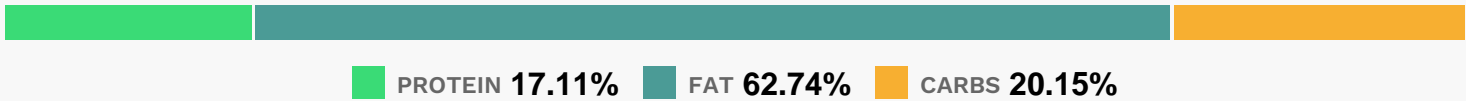
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill

# Directions

- ☐ Rinse eggplant, cut each crosswise into 3/4-inch rounds, and discard stems and smooth ends.
- ☐ Lay slices side by side on a large tray or 2 or 3 baking sheets, about 12 by 15 inches.
- ☐ In a small bowl, mix oil and Italian herb mix.
- ☐ Brush cut sides of eggplant with oil mixture.
- ☐ Cut mozzarella cheese into thin slices, making 1 piece for each eggplant round.
- ☐ In a 1 1/2- to 2-quart pan over medium heat, stir marinara sauce occasionally until warm.
- ☐ Set eggplant rounds on a grill over a solid bed of medium-hot coals or medium-high heat on a gas barbecue (you can hold your hand at grill level for only 3 to 4 seconds). Close lid of gas barbecue. Cook until eggplant is very soft when pressed, creamy inside (cut to test), and browned, 6 to 8 minutes; turn once. Set marinara sauce on cool area of grill to keep warm.
- ☐ Top each eggplant round with a slice of mozzarella cheese. Cover barbecue until cheese softens, about 1 minute.
- ☐ Transfer to a platter. Spoon marinara sauce onto slices, then sprinkle with parmesan cheese and parsley. Season to taste with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:34.75, Glycemic Load:5.6, Inflammation Score:-9, Nutrition Score:27.596521875133%

# Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 512.69kcal (25.63%), Fat: 37.22g (57.26%), Saturated Fat: 13.27g (82.96%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 16.62g (6.04%), Sugar: 15.46g (17.17%), Cholesterol: 63.24mg (21.08%), Sodium: 1664.38mg (72.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.67%), Vitamin K: 82.75µg (78.81%), Calcium: 502.39mg (50.24%), Vitamin E: 6.36mg (42.4%), Manganese: 0.82mg (41.22%), Phosphorus: 412.03mg (41.2%), Fiber: 10.26g (41.06%), Potassium: 1173.48mg (33.53%), Vitamin A: 1675.74IU (33.51%), Vitamin B12: 1.73µg (28.81%), Vitamin C: 21.96mg (26.61%), Vitamin B2: 0.44mg (26.08%), Selenium: 16.82µg (24.03%), Zinc: 3.27mg (21.79%), Vitamin B6: 0.42mg (21.08%), Copper: 0.42mg (21.05%), Magnesium: 81.67mg (20.42%), Folate: 79.95µg (19.99%), Iron: 3.39mg (18.85%), Vitamin B3: 3.49mg (17.45%), Vitamin B5: 1.36mg (13.63%), Vitamin B1: 0.16mg (10.79%), Vitamin D: 0.33µg (2.17%)