



## Grilled Eggplant Parmigiana

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce canned tomatoes crushed canned
- 2 pound eggplant italian
- 0.3 cup basil fresh coarsely chopped
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- 2 garlic clove finely chopped
- 0.3 cup olive oil
- 0.3 cup parmesan finely grated
- 0.3 teaspoon pepper dried hot

- 0.5 teaspoon salt
- 16 slices whole-milk mozzarella fresh thin (from a 1-lb block; not )

## Equipment

- frying pan
- baking sheet
- oven
- baking pan
- grill
- aluminum foil

## Directions

- Heat 2 tablespoons oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic and red-pepper flakes, stirring, 30 seconds.
- Add tomatoes and salt and cook, stirring, until thickened, about 6 minutes.
- Remove from heat and stir in basil and parmesan.
- Prepare a gas grill for direct-heat cooking over moderate heat.
- Trim 1/4 inch off 2 opposite long sides of each eggplant.
- Cut each eggplant lengthwise (in same direction as trimmed sides so each slice has skin just around edge) into 4 slices.
- Brush slices with remaining 2 tablespoons oil.
- Grill eggplant, covered, turning over once, until tender, about 6 minutes total.
- Transfer to a work surface.
- Spread top of each slice with about 1 tablespoon tomato sauce and top with a slice of mozzarella, then restack each eggplant.
- Transfer stacks to a shallow baking pan and grill, covered, just until cheese is melted, about 4 minutes.
- Eggplant (brushed with 1/4 cup oil) can be roasted on a foil-lined large baking sheet in middle of a 450°F oven, turning over once, 20 minutes. Top with sauce and cheese, then stack and bake 5 minutes more.

# Nutrition Facts

PROTEIN 11.73% FAT 54.55% CARBS 33.72%

## Properties

Glycemic Index:66.25, Glycemic Load:4.35, Inflammation Score:-7, Nutrition Score:15.953043578112%

## Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 243.48kcal (12.17%), Fat: 15.86g (24.41%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 13.05g (4.74%), Sugar: 12.83g (14.25%), Cholesterol: 4.97mg (1.66%), Sodium: 568.09mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Manganese: 0.78mg (39.22%), Fiber: 9.02g (36.08%), Vitamin K: 34.48µg (32.84%), Vitamin E: 4.05mg (26.97%), Potassium: 858.34mg (24.52%), Copper: 0.4mg (19.96%), Vitamin B6: 0.38mg (19.24%), Vitamin C: 15.78mg (19.13%), Calcium: 177.75mg (17.77%), Folate: 66.67µg (16.67%), Phosphorus: 162.42mg (16.24%), Magnesium: 59.57mg (14.89%), Vitamin B3: 2.84mg (14.22%), Iron: 2.19mg (12.15%), Vitamin B1: 0.18mg (11.72%), Vitamin A: 544.23IU (10.88%), Vitamin B2: 0.18mg (10.41%), Vitamin B5: 0.98mg (9.77%), Zinc: 1.03mg (6.84%), Selenium: 3.73µg (5.33%), Vitamin B12: 0.11µg (1.86%)