



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
- ☐ 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 11.68%**  **FAT 54.61%**  **CARBS 33.71%**

Properties

Glycemic Index:48.75, Glycemic Load:4.34, Inflammation Score:-7, Nutrition Score:15.483913041327%

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, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 243.13kcal (12.16%), Fat: 15.86g (24.39%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 13.03g (4.74%), Sugar: 12.82g (14.25%), Cholesterol: 4.97mg (1.66%), Sodium: 568.03mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 0.77mg (38.36%), Fiber: 8.99g (35.98%), Vitamin K: 28.25µg (26.91%), Vitamin E: 4.03mg (26.89%), Potassium: 853.92mg (24.4%), Copper: 0.39mg (19.67%), Vitamin B6: 0.38mg (19.12%), Vitamin C: 15.51mg (18.8%), Calcium: 175.09mg (17.51%), Folate: 65.65µg (16.41%), Phosphorus: 161.58mg (16.16%), Magnesium: 58.61mg (14.65%), Vitamin B3: 2.83mg (14.16%), Iron: 2.14mg (11.89%), Vitamin B1: 0.18mg (11.68%), Vitamin B2: 0.18mg (10.35%), Vitamin B5: 0.97mg (9.74%), Vitamin A: 465.11IU (9.3%), Zinc: 1.01mg (6.76%), Selenium: 3.72µg (5.32%), Vitamin B12: 0.11µg (1.86%)