



## Grilled Eggplant Parmigiana Heros

READY IN



4500 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup basil chopped
- ☐ 2 pound eggplant
- ☐ 5 garlic clove chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 pound mozzarella fresh divided thinly sliced
- ☐ 0.3 teaspoon pepper red hot
- ☐ 24 inch portugese rolls split

- ☐ 1.5 pounds tomatoes chopped

## Equipment

- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ spatula

## Directions

- ☐ Purée tomatoes in a blender until very smooth.
- ☐ Heat oil in a 3-to 4-quart heavy saucepan over medium-high heat until it shimmers. Sauté onion and garlic with red pepper flakes until golden, about 4 minutes.
- ☐ Add tomato purée, 1/2 teaspoon salt, and 1/4 teaspoon pepper and simmer, uncovered, stirring occasionally, until thickened, 30 to 35 minutes.
- ☐ Remove from heat and stir in cheese.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Brush cut side of rolls with 1 tablespoon oil total.
- ☐ Cut eggplants crosswise into 1/2-inch-thick slices.
- ☐ Brush both sides of slices with remaining 3 tablespoons oil and season with 1/2 teaspoon salt.
- ☐ Oil grill rack, then grill eggplant (covered only if using a gas grill), loosening with a metal spatula and turning occasionally to avoid overbrowning, until very tender, 6 to 8 minutes. Top eggplant (still on grill) evenly with half of sliced cheese, then grill, covered, until cheese begins to melt, about 30 seconds.
- ☐ Transfer eggplant with spatula to a large tray.
- ☐ Grill rolls (cut side only) until grill marks appear, about 1 minute, and transfer to tray.
- ☐ Transfer grilled rolls to 4 plates and spoon about 3 tablespoons tomato sauce onto each bottom piece. Top with eggplant, making 2 layers.
- ☐ Add remaining sauce, then top with basil and remaining cheese and close sandwiches.

## Nutrition Facts



 **PROTEIN 17.59%**  **FAT 55.43%**  **CARBS 26.98%**

Properties

Glycemic Index:80.5, Glycemic Load:9.99, Inflammation Score:-9, Nutrition Score:25.147826111835%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 464.93kcal (23.25%), Fat: 29.65g (45.61%), Saturated Fat: 10.83g (67.7%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 22.71g (8.26%), Sugar: 15.29g (16.99%), Cholesterol: 50.46mg (16.82%), Sodium: 569.13mg (24.74%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 21.17g (42.35%), Vitamin K: 56.15µg (53.48%), Vitamin A: 2271.89IU (45.44%), Manganese: 0.91mg (45.4%), Calcium: 448.07mg (44.81%), Vitamin C: 32.58mg (39.49%), Fiber: 9.76g (39.04%), Phosphorus: 371.25mg (37.12%), Potassium: 1048.71mg (29.96%), Vitamin E: 3.77mg (25.15%), Vitamin B12: 1.39µg (23.21%), Folate: 89.41µg (22.35%), Vitamin B6: 0.45mg (22.33%), Iron: 3.99mg (22.19%), Vitamin B2: 0.32mg (18.92%), Selenium: 12.91µg (18.44%), Magnesium: 73.18mg (18.3%), Zinc: 2.68mg (17.87%), Copper: 0.34mg (16.96%), Vitamin B3: 2.69mg (13.45%), Vitamin B1: 0.19mg (12.94%), Vitamin B5: 0.98mg (9.76%), Vitamin D: 0.27µg (1.79%)