



Healthier Eggplant Parmesan II

READY IN



60 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 3 egg whites
- ☐ 3 eggplant peeled thinly sliced
- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 0.8 pound part-skim mozzarella cheese shredded divided
- ☐ 6 cups spaghetti sauce divided
- ☐ 1 tablespoon water
- ☐ 1 eggs whole
- ☐ 2 cups bread crumbs whole wheat

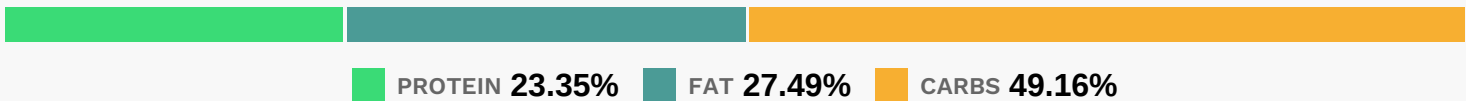
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat together egg, egg whites, and water in a shallow bowl. Dip eggplant slices in egg, then bread crumbs.
- ☐ Place in a single layer on a baking sheet.
- ☐ Bake in preheated oven until fork tender, 7 to 10 minutes on each side.
- ☐ Spread spaghetti sauce to cover the bottom of a 9x13-inch baking dish.
- ☐ Place a layer of eggplant slices in the sauce.
- ☐ Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with cheeses.
- ☐ Sprinkle basil on top.
- ☐ Bake in preheated oven until golden brown, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:20.011739025945%

Flavonoids

Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg, Delphinidin: 147.17mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 317.57kcal (15.88%), Fat: 10.82g (16.65%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 32.93g (11.97%), Sugar: 14.09g (15.66%), Cholesterol: 53.11mg (17.7%), Sodium: 1417.64mg (61.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.37%), Calcium: 434.3mg (43.43%), Fiber: 10.63g (42.52%), Phosphorus: 340.09mg (34.01%), Manganese: 0.61mg (30.68%), Potassium: 1013.84mg (28.97%), Vitamin C: 22.04mg (26.72%), Iron: 4.33mg (24.07%), Vitamin B2: 0.41mg (24.04%), Vitamin A: 1123.91IU (22.48%), Vitamin E: 3.32mg (22.11%), Selenium: 13.87µg (19.81%), Copper: 0.37mg (18.59%), Vitamin B6: 0.37mg (18.5%), Magnesium: 65.94mg (16.48%), Folate: 61.75µg (15.44%), Vitamin B3: 3mg (15.02%), Zinc: 2.2mg (14.68%), Vitamin K: 13.03µg (12.41%), Vitamin B5: 1.21mg (12.11%), Vitamin B1: 0.12mg (8.21%), Vitamin B12: 0.49µg (8.2%), Vitamin D: 0.27µg (1.79%)