



WHATSheATE



Inside-Out Eggplant Parmigiana

READY IN



60 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound arugula coarsely chopped
- ☐ 3 tablespoons basil finely chopped
- ☐ 1 cup basil packed coarsely chopped
- ☐ 14 ounce frangelico whole canned
- ☐ 0.8 cup breadcrumbs plain dry
- ☐ 2 pound eggplant
- ☐ 6 large eggs lightly beaten
- ☐ 0.5 cup flat parsley finely chopped
- ☐ 0.5 pound mozzarella fresh cold ends trimmed cut into 4 (1/2-inch-thick) slices

- ☐ 1 garlic clove minced
- ☐ 2 garlic clove divided minced
- ☐ 6 tablespoons olive oil divided for drizzling
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 teaspoon pepper hot
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup water

Equipment

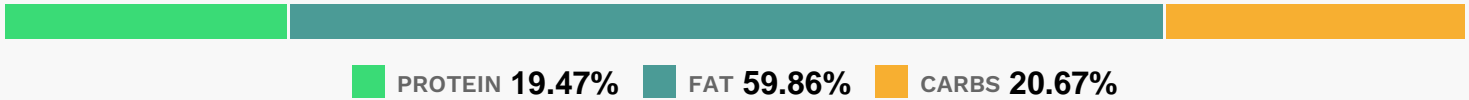
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oil in a heavy medium saucepan over medium heat until it shimmers, then cook onion and garlic, stirring occasionally, until softened, about 6 minutes.
- ☐ Meanwhile, blend tomatoes with juice in a blender until almost smooth.
- ☐ Add to onion mixture in saucepan with water, sugar, and 1/4 teaspoon salt and simmer, partially covered, stirring occasionally, until slightly thickened, about 10 minutes. Stir in basil and keep warm, covered.
- ☐ Preheat oven to 450°F with rack in lowest position.
- ☐ Cut 12 (1/3-inch-thick) rounds from widest portion of eggplants.
- ☐ Brush both sides with 2 tablespoons oil and season with 1/2 teaspoon salt (total).
- ☐ Bake on an oiled baking sheet, turning once, until golden and tender, 20 to 30 minutes.
- ☐ Transfer to a plate and keep warm, covered. Leave oven on.

- ☐ Stir together bread crumbs, parmesan, parsley, half of garlic, and 1/4 teaspoon each of salt and pepper, then stir in eggs and water.
- ☐ Heat 3 tablespoons oil in a 12-inch heavy skillet over medium heat until it shimmers. Drop 4 rounded 1/3 cups of egg mixture into skillet and cook, turning once, until patties are golden brown and puffed, about 5 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Add remaining tablespoon oil to skillet and cook remaining garlic with red-pepper flakes, stirring, until garlic is golden, about 30 seconds.
- ☐ Add arugula and basil and stir until just wilted, then stir in 1/8 teaspoon salt.
- ☐ Arrange 4 egg patties about 3 inches apart on a baking sheet. Top each with 2 Tbsp tomato sauce, 1 slice mozzarella, 1 eggplant slice, 2 more tablespoons tomato sauce, another eggplant slice, arugula mixture, and remaining eggplant.
- ☐ Bake until cheese melts, 5 to 10 minutes.
- ☐ Drizzle with additional oil and serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:111.27, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:37.798260564389%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 20.01mg, Kaempferol: 20.01mg, Kaempferol: 20.01mg, Kaempferol: 20.01mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 679.9kcal (34%), Fat: 46.04g (70.84%), Saturated Fat: 15.15g (94.68%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 26.4g (9.6%), Sugar: 12.74g (14.16%), Cholesterol: 332.29mg (110.76%), Sodium: 839.86mg (36.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.38%), Vitamin K: 239.83µg (228.41%), Vitamin A: 3348.58IU (66.97%), Calcium: 657.76mg (65.78%), Selenium: 41.9µg (59.85%), Phosphorus: 570.73mg (57.07%), Manganese: 1.1mg (54.76%), Folate: 186.58µg (46.65%), Vitamin B2: 0.78mg (45.91%), Fiber: 9.38g (37.51%), Vitamin B12: 2.18µg (36.35%), Vitamin E: 5.06mg (33.71%), Vitamin C: 26.82mg (32.51%), Potassium:

1027.27mg (29.35%), Zinc: 4.1mg (27.3%), Iron: 4.91mg (27.27%), Magnesium: 104.29mg (26.07%), Vitamin B1: 0.38mg (25.53%), Vitamin B6: 0.49mg (24.31%), Vitamin B5: 2.36mg (23.65%), Copper: 0.4mg (20.11%), Vitamin B3: 3.35mg (16.77%), Vitamin D: 1.79µg (11.93%)