



Italian-Seasoned Baked Eggplant

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cornmeal
- ☐ 2 eggplants sliced into rounds
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil divided or as needed
- ☐ 2 pinches paprika
- ☐ 0.3 teaspoon salt

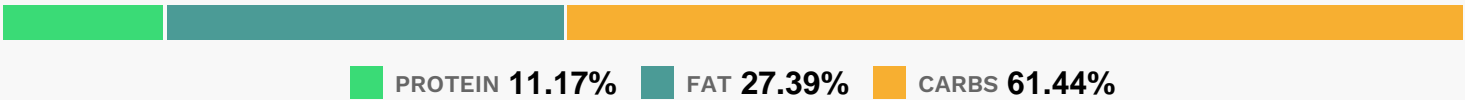
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Brush olive oil onto a baking sheet.
- ☐ Mix flour, cornmeal, Italian seasoning, salt, and paprika together in a wide, shallow bowl.
- ☐ Pour milk into a separate wide, shallow bowl.
- ☐ Dip each eggplant slice into milk and then press into the flour mixture. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Arrange breaded eggplant onto prepared baking sheet.
- ☐ Brush tops of eggplant slices with olive oil.
- ☐ Bake in preheated oven for 15 minutes, flip, and continue baking until the eggplant slices begin to brown, 15 to 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:6.98, Inflammation Score:-5, Nutrition Score:7.5786956652351%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.89kcal (5.54%), Fat: 3.58g (5.51%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 12.73g (4.63%), Sugar: 6.49g (7.21%), Cholesterol: 2.44mg (0.81%), Sodium: 108.3mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Manganese: 0.45mg (22.3%), Fiber: 5.34g (21.36%), Folate: 48.38µg (12.1%), Potassium: 410.11mg (11.72%), Vitamin B1: 0.14mg (9.14%), Vitamin K: 9.18µg

(8.74%), Vitamin B6: 0.17mg (8.7%), Vitamin B3: 1.55mg (7.77%), Magnesium: 30.4mg (7.6%), Vitamin B2: 0.13mg (7.52%), Phosphorus: 73.72mg (7.37%), Copper: 0.15mg (7.32%), Vitamin E: 0.98mg (6.52%), Vitamin B5: 0.57mg (5.67%), Iron: 0.98mg (5.44%), Selenium: 3.43µg (4.91%), Vitamin A: 237.9IU (4.76%), Calcium: 46.16mg (4.62%), Vitamin C: 3.37mg (4.08%), Zinc: 0.5mg (3.35%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)