



Jorge's Pasta-less Eggplant Lasagna

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 eggs
- 2 large eggplant peeled sliced into 1/3-inch strips
- 6 ounce feta cheese
- 8 ounces pkt spinach frozen thawed drained chopped
- 1 pound ground beef
- 1 teaspoon penzey's southwest seasoning italian to taste
- 2 tablespoons catsup

- 0.5 cup olive oil
- 8 ounce parmesan cheese divided grated
- 16 ounce ricotta cheese
- 16 ounce spaghetti sauce

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- casserole dish
- broiler

Directions

- Soak eggplant slices in a large bowl of lightly salted water for 30 minutes.
- Drain and pat dry with paper towels.
- Cook and stir ground beef in a skillet over medium heat until browned, 5 to 7 minutes.
- Remove from heat.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Whisk olive oil and Italian seasoning together in a bowl.
- Brush both sides of eggplant slices with the seasoned olive oil.
- Arrange eggplant slices on a baking sheet and place in preheated oven; broil until browned, 2 to 4 minutes on each side.
- Set oven to 400 degrees F (200 degrees C).
- Measure 1 cup of Parmesan cheese and set aside.
- Stir ricotta cheese, egg, and remaining Parmesan cheese together in a bowl.
- Stir spaghetti sauce, diced tomatoes, and ketchup together in a separate bowl.

- Spread a small amount of spaghetti sauce mixture in the bottom of a casserole dish.
- Top spaghetti sauce mixture with a layer of broiled eggplant slices.
- Cover eggplant layer with a layer of the ricotta mixture.
- Sprinkle a layer of feta on top of the ricotta mixture.
- Cover feta layer with ground beef layer.
- Sprinkle a layer of spinach on top of ground beef.
- Repeat with remaining ingredients, ending with a final layer of eggplant topped with the reserved 1 cup Parmesan cheese.
- Bake in the preheated oven until sauce is bubbling and cheese is browned, about 40 minutes.
- Let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:3.71, Inflammation Score:-10, Nutrition Score:32.890869347946%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 521.45kcal (26.07%), Fat: 35.13g (54.04%), Saturated Fat: 16.92g (105.75%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 15.78g (5.74%), Sugar: 9.51g (10.56%), Cholesterol: 133.22mg (44.41%), Sodium: 1225.91mg (53.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.96g (63.92%), Vitamin K: 119.6µg (113.9%), Vitamin A: 4347.03IU (86.94%), Calcium: 562.95mg (56.3%), Phosphorus: 515.92mg (51.59%), Selenium: 34.26µg (48.94%), Vitamin B2: 0.67mg (39.64%), Zinc: 5.56mg (37.05%), Vitamin B12: 2.2µg (36.62%), Manganese: 0.68mg (33.84%), Vitamin B6: 0.62mg (30.8%), Potassium: 978.52mg (27.96%), Folate: 100.87µg (25.22%), Fiber: 6.2g (24.81%), Vitamin E: 3.65mg (24.33%), Vitamin B3: 4.83mg (24.17%), Magnesium: 87.73mg (21.93%), Iron: 3.81mg (21.16%), Copper: 0.37mg (18.31%), Vitamin C: 12.93mg (15.68%), Vitamin B5: 1.46mg (14.58%), Vitamin B1: 0.2mg (13.24%), Vitamin D: 0.51µg (3.38%)