



 **22%**  
HEALTH SCORE

## Layered Baked Eggplant Parmesan

READY IN



60 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup breadcrumbs italian
- 2 medium eggplant
- 2 large eggs peeled chopped
- 2 tsp seasoning italian
- 2 tsp onion powder
- 1 cup parmesan shredded
- 2 cups mozzarella cheese shredded
- 25 oz tomato sauce your favorite
- 4 TBSP water

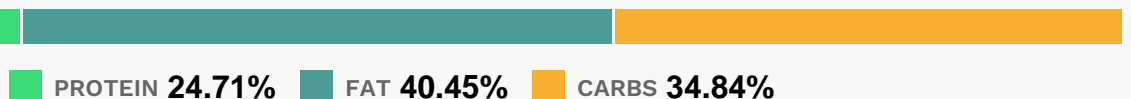
## Equipment

- baking sheet
- oven
- whisk
- aluminum foil
- peeler

## Directions

- Preheat oven to 375 degrees Fahrenheit.
- Place a sheet of aluminum foil on baking sheet. Spray with olive oil cooking spray. Slice ends off of eggplant and peel skin off with a vegetable peeler. Slice into inch pieces. In a shallow container, add eggs and water.
- Whisk to combine. In a separate container, add breadcrumbs, Italian seasoning and onion powder.
- Mix together. Dip eggplant slices into egg mixture.
- Let excess drip off and then dip into breadcrumbs. Coat evenly with breadcrumbs, pressing them onto the sides.
- Place on baking sheet. Spray tops lightly with olive oil spray.
- Place in oven and cook for 20 minutes. Flip over and cook for another 20 minutes, until the tops are golden brown.
- Remove from oven. In a 8 by 8 baking sheet, add a cup of tomato sauce to the bottom spread evenly.
- Add 4 slices eggplant. Top with cup cheese and cup shredded Parmesan cheese.
- Add 3 more layers of sauce, eggplant and cheese.
- Place back in oven and bake till cheese gets slightly browned on top, about 15 minutes.  
ENJOY!

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:5.58, Inflammation Score:-9, Nutrition Score:31.016086956522%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Taste

Sweetness: 39.71%, Saltiness: 100%, Sourness: 16.54%, Bitterness: 30.11%, Savoriness: 37.02%, Fattiness: 65.3%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 514.65kcal (25.73%), Fat: 23.78g (36.58%), Saturated Fat: 12.74g (79.64%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 34.78g (12.65%), Sugar: 17.05g (18.95%), Cholesterol: 154.24mg (51.41%), Sodium: 1831.05mg (79.61%), Protein: 32.68g (65.37%), Calcium: 707.06mg (70.71%), Phosphorus: 573.79mg (57.38%), Manganese: 1.06mg (52.92%), Fiber: 11.31g (45.23%), Selenium: 31.59µg (45.12%), Vitamin B2: 0.67mg (39.42%), Potassium: 1226.79mg (35.05%), Vitamin B12: 1.89µg (31.56%), Vitamin A: 1544IU (30.88%), Vitamin B1: 0.44mg (29.1%), Folate: 115.54µg (28.88%), Iron: 4.8mg (26.66%), Vitamin B3: 5.22mg (26.12%), Zinc: 3.87mg (25.78%), Vitamin E: 3.85mg (25.68%), Copper: 0.51mg (25.27%), Vitamin B6: 0.5mg (25.13%), Magnesium: 99.38mg (24.85%), Vitamin C: 17.74mg (21.51%), Vitamin K: 22.19µg (21.13%), Vitamin B5: 1.93mg (19.33%), Vitamin D: 0.85µg (5.66%)