



 **24%**  
HEALTH SCORE

## Lighter Eggplant Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds eggplant thick sliced
- 1 tablespoon olive oil
- 1 serving coarse mustard
- 1 cup skim milk fat-free (skim)
- 3 tablespoons flour all-purpose
- 2 garlic clove minced
- 1 cup tomatoes homemade store-bought
- 0.5 cup part-skim mozzarella cheese grated
- 0.3 cup parmesan grated

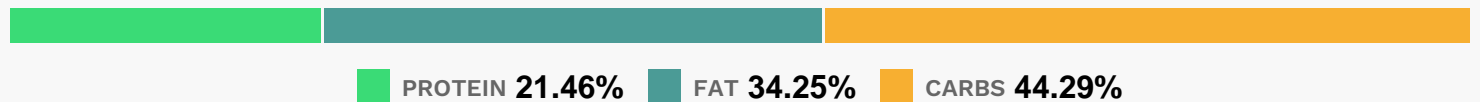
## Equipment

- baking sheet
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 450 degrees, with racks in upper and lower thirds. Arrange eggplant on two rimmed baking sheets.
- Brush eggplant on both sides with oil, and season with salt and pepper.
- Bake until golden brown and very tender, 20 to 25 minutes, turning slices and rotating sheets halfway through.
- Meanwhile, make sauce: Off heat, in a medium saucepan, whisk together 1/4 cup milk, flour, and garlic. Gradually whisk in remaining 3/4 cup milk and 1/2 cup marinara sauce. Bring to a boil; reduce to a simmer, and cook until pink sauce has thickened, 2 to 3 minutes.
- Spread 1/4 cup marinara sauce in the bottom of a shallow 2-quart baking dish. Alternate layers of baked eggplant with pink sauce. Dollop with remaining 1/4 cup marinara sauce.
- Sprinkle with mozzarella and Parmesan.
- Bake on upper rack until browned and bubbling, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:68.06, Glycemic Load:7.33, Inflammation Score:-7, Nutrition Score:15.597391252932%

## Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 214.86kcal (10.74%), Fat: 8.63g (13.27%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 17.13g (6.23%), Sugar: 13.55g (15.06%), Cholesterol: 16.46mg (5.49%), Sodium: 554.32mg (24.1%), Alcohol: 0g (100%), Protein: 12.16g (24.33%), Manganese: 0.67mg (33.26%), Calcium: 322.36mg (32.24%), Fiber: 7.96g (31.84%), Phosphorus: 268.88mg (26.89%), Potassium: 836.93mg (23.91%), Vitamin B2: 0.3mg (17.9%), Folate: 68.9µg (17.23%), Vitamin B6: 0.33mg (16.27%), Magnesium: 57.39mg (14.35%), Vitamin E: 2.11mg (14.09%), Copper: 0.28mg (13.75%), Vitamin B1: 0.19mg (12.85%), Vitamin B3: 2.54mg (12.69%), Selenium: 8.71µg (12.44%), Vitamin C: 9.75mg (11.82%), Vitamin K: 12.19µg (11.61%), Vitamin A: 575.77IU (11.52%), Vitamin B5: 1.13mg (11.31%), Zinc: 1.45mg (9.69%), Vitamin B12: 0.57µg (9.5%), Iron: 1.53mg (8.53%), Vitamin D: 0.76µg (5.05%)