

Luca's Eggplant Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices eggplant melted
- 6 servings canned tomatoes
- 6 basil fresh thinly sliced
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- 12 ounce buffalo mozzarella cheese
- 1.5 teaspoons olive oil extra virgin extra-virgin
- 2 ounces parmesan shaved
- 1 cup frangelico

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Equipment

frying pan

oven

Directions

Preheat oven to 37

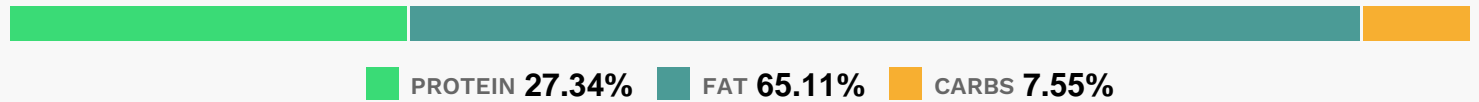
Place eggplant slices on a jelly-roll pan. Top each with tomato half and 1 piece burrata or mozzarella.

Bake at 375 for 7 minutes or until thoroughly heated and cheese starts to melt.

Place on a platter, and drizzle oil over cheese. Top evenly with basil and Parmesan.

Sprinkle with Pangrattato.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:8.4273912725241%

Flavonoids

Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 212.15kcal (10.61%), Fat: 15.45g (23.77%), Saturated Fat: 9.12g (56.99%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.75g (1%), Sugar: 2.09g (2.32%), Cholesterol: 49.52mg (16.51%), Sodium: 385.72mg (16.77%), Alcohol: 0g (100%), Protein: 14.6g (29.2%), Calcium: 1381.78mg (138.18%), Vitamin A: 1802.29IU (36.05%), Phosphorus: 76.11mg (7.61%), Manganese: 0.11mg (5.43%), Vitamin K: 5.55µg (5.29%), Fiber: 1.28g (5.12%), Potassium: 144.67mg (4.13%), Selenium: 2.25µg (3.22%), Vitamin B2: 0.05mg (2.8%), Magnesium: 10.55mg (2.64%), Folate: 10.45µg (2.61%), Iron: 0.44mg (2.43%), Vitamin B6: 0.05mg (2.26%), Zinc: 0.33mg (2.22%), Copper: 0.04mg (2.01%), Vitamin E: 0.3mg (1.98%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.31mg (1.53%), Vitamin B1: 0.02mg (1.36%), Vitamin C: 1.09mg (1.32%)