



HEALTH SCORE

93%

## Melanzane parmigiana



Vegetarian



Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tbsp olive oil for brushing
- ☐ 3 garlic clove crushed
- ☐ 3 thyme sprigs
- ☐ 8 large sage finely chopped
- ☐ 1600 g canned tomatoes chopped canned
- ☐ 3 tbsp red wine vinegar
- ☐ 3 tsp granulated sugar
- ☐ 6 large eggplant sliced

- ☐ 100 g pecorino cheese parmesan-style finely grated
- ☐ 85 g breadcrumbs white
- ☐ 50 g pinenuts
- ☐ 250 g mozzarella cheese
- ☐ 1 handful basil

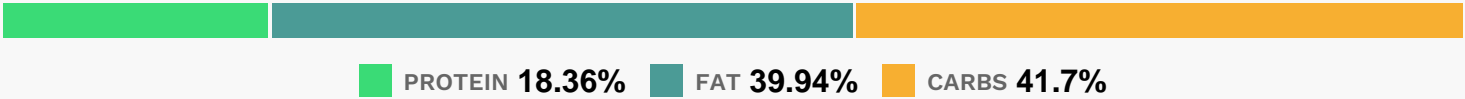
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat the oil in a large frying pan (or wide saucepan), add the garlic, thyme and sage, and cook gently for a few mins. Tip in the tomatoes, vinegar and sugar, and gently simmer for 20–25 mins until thickened a little.
- ☐ Meanwhile, heat a griddle (or frying) pan.
- ☐ Brush the aubergine slices on both sides with olive oil, then griddle in batches. You want each slice softened and slightly charred, so don't have the heat too high or the aubergine will char before softening.
- ☐ Remove to a plate as you go.
- ☐ In a large baking dish, spread a little of the tomato sauce over the base.
- ☐ Mix 25g of the Parmesan with the breadcrumbs and pine nuts, and set aside. Top the sauce with a layer or two of aubergine slices, then season well. Spoon over a bit more sauce, then scatter over some mozzarella, Parmesan and basil leaves. Repeat, layering up and finish with the last of the tomato sauce. Scatter over the cheesy breadcrumbs and chill for up to 24 hrs, or bake straight away.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bake for 30–40 mins until the top is crisp and golden, and the tomato sauce bubbling. Rest for 10 mins, then scatter with basil leaves and serve with salad and focaccia (see 'goes well with').

# Nutrition Facts



## Properties

Glycemic Index:84.27, Glycemic Load:17.16, Inflammation Score:-10, Nutrition Score:56.690868792327%

## Flavonoids

Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg, Delphinidin: 588.69mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 833.79kcal (41.69%), Fat: 39.5g (60.77%), Saturated Fat: 14.56g (90.99%), Carbohydrates: 92.79g (30.93%), Net Carbohydrates: 62.99g (22.91%), Sugar: 47.63g (52.92%), Cholesterol: 66.38mg (22.13%), Sodium: 1491.45mg (64.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.69%), Manganese: 3.71mg (185.74%), Fiber: 29.79g (119.18%), Copper: 1.78mg (89.13%), Calcium: 859.64mg (85.96%), Potassium: 2951.91mg (84.34%), Phosphorus: 800.01mg (80%), Vitamin C: 54.06mg (65.53%), Vitamin B6: 1.29mg (64.59%), Vitamin E: 9.43mg (62.88%), Magnesium: 242.86mg (60.72%), Folate: 237µg (59.25%), Vitamin K: 61.57µg (58.64%), Vitamin B3: 11.47mg (57.36%), Vitamin B1: 0.85mg (56.85%), Iron: 9.26mg (51.46%), Vitamin B2: 0.84mg (49.6%), Zinc: 5.86mg (39.03%), Selenium: 26.49µg (37.85%), Vitamin B5: 3.42mg (34.18%), Vitamin A: 1701.59IU (34.03%), Vitamin B12: 1.8µg (29.99%), Vitamin D: 0.38µg (2.5%)