



Mike's Deli Famous Eggplant Parmigiana

 Vegetarian

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READY IN

ready

65 min.

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SERVINGS

servings

8

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CALORIES

calories

491 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bread crumbs italian recommended: Arthur Avenue Deli
- ☐ 2 large eggplants
- ☐ 4 eggs
- ☐ 8 servings flour all-purpose
- ☐ 1 quart tomatoes italian recommended: Arthur Avenue Deli
- ☐ 8 ounces mozzarella cheese dry italian sliced recommended: Arthur Avenue Deli
- ☐ 8 servings oil
- ☐ 4 ounces romano italian grated recommended: Arthur Avenue Deli

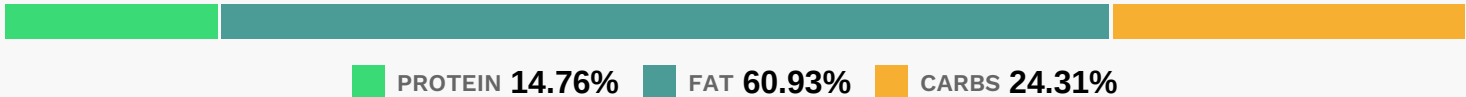
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F and heat oil in a large pan, Dutch oven or deep-fryer.
- ☐ Peel the eggplant and slice into 1/4-inch thick slices. Coat each side of the eggplant with the flour.
- ☐ In a separate bowl beat 4 eggs and dip the eggplant into the egg to coat both sides. Then take your bread crumbs and do the same to coat each side.
- ☐ Once the oil is hot, put the eggplant in the hot oil and fry until golden brown. You can also use a deep-fryer and leave in for about 2 to 3 minutes.
- ☐ Once all of the eggplant has been fried, get a rectangular baking pan and start the layering by adding the marinara sauce to the bottom of the pan, then the eggplant, more sauce, fresh mozzarella, Romano cheese, and continue to layer until you have reached the top of the pan. Top off with sauce, mozzarella, and grated Romano
- ☐ Place the eggplant into the oven and cook for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:7.46, Inflammation Score:-7, Nutrition Score:17.95304360597%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 491.04kcal (24.55%), Fat: 33.94g (52.22%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 24.36g (8.86%), Sugar: 14.93g (16.59%), Cholesterol: 118.98mg (39.66%), Sodium: 1016.44mg (44.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (37%), Calcium: 334.3mg (33.43%), Phosphorus: 326.56mg (32.66%), Vitamin E: 4.82mg (32.13%), Selenium: 17.22µg (24.61%), Fiber: 6.11g (24.45%), Vitamin B2: 0.41mg (23.97%), Manganese: 0.46mg (23.04%), Potassium: 729.06mg (20.83%), Folate: 75.48µg (18.87%), Vitamin A: 907.82IU (18.16%), Vitamin K: 18.35µg (17.48%), Vitamin B12: 1µg (16.68%), Vitamin B3: 3.32mg (16.58%), Iron: 2.79mg (15.48%), Vitamin B6: 0.28mg (13.77%), Zinc: 2.01mg (13.42%), Magnesium: 52.95mg (13.24%), Copper: 0.26mg (13.14%), Vitamin C: 10.8mg (13.09%), Vitamin B1: 0.18mg (12.16%), Vitamin B5: 1.16mg (11.57%), Vitamin D: 0.62µg (4.16%)