



Mini Eggplant Parmesan

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large egg whites
- ☐ 2 slices japanese eggplants sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 1 leaves basil to garnish fresh
- ☐ 1 large clove garlic peeled smashed

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup panko breadcrumbs
- ☐ 0.5 cup parmesan finely grated
- ☐ 0.1 teaspoon pepper flakes dried red crushed
- ☐ 1 shallots chopped
- ☐ 0.5 cup coarsely whole-milk mozzarella packed grated
- ☐ 1 cup tomato-basil sauce such as giada de laurentiis for target jarred

Equipment

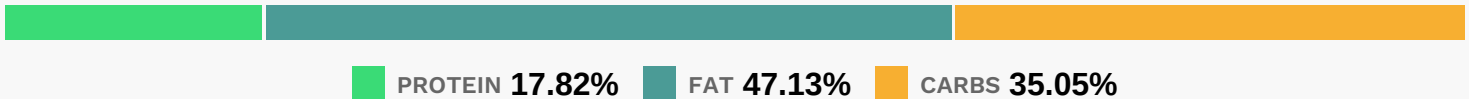
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy medium saucepan over medium.
- ☐ Add the garlic, shallots and salt. Stir until fragrant, about 2 minutes.
- ☐ Add the tomato sauce, basil, oregano and crushed red pepper. Simmer the sauce until the flavors blend and the sauce thickens, stirring often, about 5 minutes.
- ☐ Mix in the vinegar.
- ☐ Mix the flour, salt and pepper in a shallow bowl.
- ☐ Place the panko breadcrumbs in another shallow bowl.

- ☐ Whisk the egg whites in a medium bowl until frothy. Dip each eggplant slice in the flour mixture, then into the beaten egg whites, and then into the panko breadcrumbs to coat completely.
- ☐ Heat the oil in a heavy medium skillet over medium-high heat until hot (the surface will appear to be shimmering), 2 to 3 minutes.
- ☐ Add half of the eggplant slices. Cook until deep golden brown, 1 to 2 minutes per side.
- ☐ Transfer the eggplant to a paper-towel-lined plate. Fry the remaining eggplant. (Can be made 1 hour ahead.
- ☐ Let stand at room temperature.)
- ☐ Preheat a broiler. Toss the mozzarella and Parmesan in a small bowl until well blended.
- ☐ Spread 1 generous teaspoon of the sauce over each eggplant slice. Top with a rounded teaspoon of the cheese mixture; spread out to cover and press lightly to adhere.
- ☐ Transfer the eggplant slices to a rimmed baking sheet. Broil until the cheese has melted, 1 to 2 minutes.
- ☐ Transfer the mini eggplant parmesans to a platter and garnish each with small basil leaf.
- ☐ Let stand 2 to 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:76.17, Glycemic Load:7.03, Inflammation Score:-6, Nutrition Score:9.8239130572132%

Flavonoids

Delphinidin: 12mg, Delphinidin: 12mg, Delphinidin: 12mg, Delphinidin: 12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 234.56kcal (11.73%), Fat: 12.44g (19.15%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 18.4g (6.69%), Sugar: 3.59g (3.98%), Cholesterol: 7.36mg (2.45%), Sodium: 447.2mg (19.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Calcium: 235.17mg (23.52%), Selenium: 12.34µg (17.63%), Phosphorus: 169.93mg (16.99%), Manganese: 0.33mg (16.68%), Vitamin K: 16.1µg (15.33%), Vitamin B1:

0.22mg (14.96%), Vitamin E: 2.04mg (13.62%), Vitamin B2: 0.23mg (13.33%), Folate: 43.03µg (10.76%), Iron: 1.92mg (10.64%), Vitamin B3: 1.95mg (9.75%), Fiber: 2.43g (9.7%), Copper: 0.15mg (7.36%), Potassium: 242.15mg (6.92%), Magnesium: 27.43mg (6.86%), Zinc: 0.99mg (6.63%), Vitamin B6: 0.13mg (6.57%), Vitamin C: 4.71mg (5.71%), Vitamin A: 276.15IU (5.52%), Vitamin B12: 0.23µg (3.86%), Vitamin B5: 0.33mg (3.33%)