



Nat and Darcy's Amazing Eggplant Lasagna

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon
- ☐ 1 large eggplant
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup ricotta cheese
- ☐ 6 servings salt and pepper to taste
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 2 cups favorite spaghetti sauce

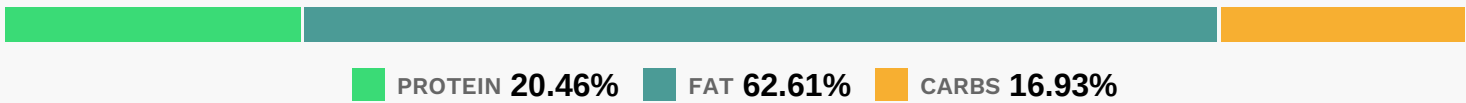
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ casserole dish
- ☐ broiler

Directions

- ☐ Peel the eggplant and trim the ends. Slice lengthwise into 1/4 inch thick slices to resemble lasagna noodles. Set on a tray and sprinkle with salt.
- ☐ Let stand for 15 minutes to sweat out some of the liquid. Turn slices over and repeat salting and sweating.
- ☐ Brush off excess salt.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a skillet over medium-high heat. Cook until evenly browned on both sides.
- ☐ Remove to drain on paper towels.
- ☐ Spread a thin layer of sauce in the bottom of a 9x7 inch casserole dish. Cover with a layer of eggplant slices.
- ☐ Sprinkle with a little of the shredded mozzarella, then top with another thin layer of sauce, and another layer of eggplant slices.
- ☐ Spread the ricotta cheese only on top of this layer of eggplant, and cover with more eggplant. Spoon on more sauce, then crumble feta cheese and bacon over the sauce, followed by half of the remaining mozzarella cheese. Top with a final layer of eggplant, remaining sauce, and the rest of the shredded cheese.
- ☐ Bake for 25 minutes in the preheated oven, if cheese does not brown, turn on the broiler for about 5 minutes at the end.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:10.805217431939%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 236.04kcal (11.8%), Fat: 16.83g (25.89%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.92g (6.58%), Cholesterol: 45.43mg (15.14%), Sodium: 963.02mg (41.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Calcium: 212.97mg (21.3%), Phosphorus: 204.09mg (20.41%), Selenium: 11.71µg (16.73%), Vitamin B2: 0.25mg (14.63%), Vitamin B12: 0.87µg (14.56%), Fiber: 3.52g (14.06%), Potassium: 490.82mg (14.02%), Manganese: 0.28mg (13.89%), Vitamin A: 639.8IU (12.8%), Vitamin B6: 0.24mg (11.79%), Zinc: 1.64mg (10.95%), Vitamin B3: 2.17mg (10.83%), Vitamin E: 1.56mg (10.41%), Vitamin C: 7.4mg (8.96%), Copper: 0.17mg (8.55%), Magnesium: 33.13mg (8.28%), Vitamin B1: 0.12mg (8.06%), Folate: 29.34µg (7.34%), Vitamin B5: 0.69mg (6.94%), Iron: 1.24mg (6.9%), Vitamin K: 5.83µg (5.55%), Vitamin D: 0.23µg (1.56%)