



## Noodle-less Eggplant Lasagna

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 medium eggplant trimmed
- ☐ 1 Dash salt
- ☐ 2 cups ricotta cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 2 cups tomatoes
- ☐ 1 cup edible pearls
- ☐ 1 serving basil fresh shredded

## Equipment

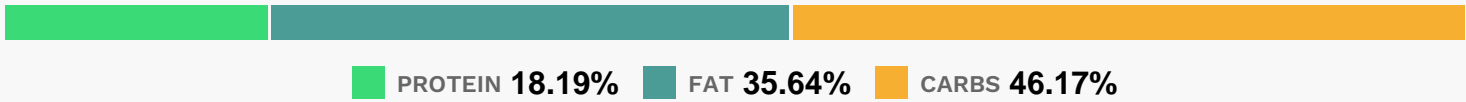
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ kitchen towels

## Directions

- ☐ Heat oven to 375°F. Line 2 cookie sheets with cooking parchment paper. Spray 9-inch pie plate or 8-inch round pan lightly with olive oil cooking spray.
- ☐ Cut eggplant into very thin slices using mandolin.
- ☐ Place slices in single layer on cookie sheets; sprinkle lightly with salt. (If necessary, do this in batches if only 1 sheet fits in your oven at a time.)
- ☐ Bake about 6 minutes or until slightly shriveled and almost tender.
- ☐ Remove from oven; set aside to cool. Leave oven on.
- ☐ In medium bowl, mix ricotta and Parmesan cheeses.
- ☐ Place thawed spinach in clean tea towel; squeeze out any excess liquid. (There will be a lot!)
- ☐ Add drained spinach to cheese mixture; mix well.
- ☐ Spread thin layer of marinara sauce in bottom of pie plate.
- ☐ Layer eggplant slices, slightly overlapping, over sauce to cover bottom of plate.
- ☐ Spread one-third of cheese mixture over eggplant; top with a layer of sauce. Repeat layers 2 more times, layering eggplant, cheese mixture and sauce and ending with final layer of sauce. Top with mozzarella pearls. Cover pie plate with foil.
- ☐ Bake in center of oven 30 minutes.
- ☐ Remove foil; continue baking 15 to 30 minutes longer or until cheese and sauce are bubbly and eggplant is tender.
- ☐ Remove from oven; cool about 10 minutes before cutting.

☐ Sprinkle top of the lasagna with basil before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:20.289130387099%

## 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: 240.16kcal (12.01%), Fat: 9.79g (15.06%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 22.06g (8.02%), Sugar: 6.6g (7.33%), Cholesterol: 35.24mg (11.75%), Sodium: 471.5mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Vitamin K: 126.16µg (120.15%), Vitamin A: 4356.47IU (87.13%), Manganese: 0.57mg (28.29%), Fiber: 6.47g (25.86%), Calcium: 225.64mg (22.56%), Folate: 84.81µg (21.2%), Selenium: 13.07µg (18.68%), Phosphorus: 184.16mg (18.42%), Potassium: 627.97mg (17.94%), Vitamin B2: 0.29mg (17%), Vitamin E: 2.24mg (14.95%), Magnesium: 57.58mg (14.39%), Vitamin B6: 0.24mg (12.07%), Vitamin C: 9.32mg (11.29%), Copper: 0.22mg (11.24%), Iron: 1.72mg (9.54%), Zinc: 1.4mg (9.32%), Vitamin B3: 1.58mg (7.91%), Vitamin B5: 0.69mg (6.87%), Vitamin B1: 0.1mg (6.57%), Vitamin B12: 0.27µg (4.45%)