



## Online Round 2 - Eggplant Rollatini

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 15 ounce canned tomatoes crushed canned
- 4 servings reserved grilled eggplant from veggie lasagna recipe
- 1 tablespoon basil leaves fresh chopped
- 2 teaspoons garlic minced
- 0.5 cup mozzarella cheese divided grated
- 2 tablespoons olive oil
- 0.5 medium onion chopped

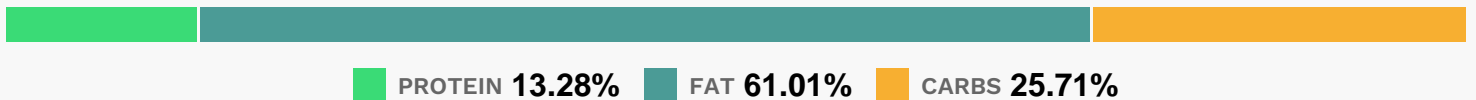
### Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F.
- In a medium saucepan over medium-high heat, add the olive oil.
- Add the onions and cook until softened, about 3 minutes.
- Add the garlic and cook for another minute. Stir in the crushed tomatoes and bring to a simmer.
- Let simmer for 10 minutes.
- Remove from the heat and stir in the chopped basil.
- In a medium bowl, stir together the ricotta with 1/4 cup of mozzarella cheese.
- Lay out the grilled eggplant strips and put about 2 tablespoons of filling onto the bottom strips.
- Roll
- Spread 1 cup of the tomato sauce onto the bottom of a small baking dish.
- Put the eggplant rolls, seam side down, into the baking dish. Cover the rolls completely with another cup of sauce and sprinkle with the remaining 1/4 cup of mozzarella.
- Bake in oven until the cheese is melted and bubbly, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:55.5, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:7.7656522159991%

## Flavonoids

Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## **Nutrients (% of daily need)**

Calories: 146kcal (7.3%), Fat: 10.45g (16.08%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.46g (6.06%), Cholesterol: 11.06mg (3.69%), Sodium: 229.1mg (9.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.12g (10.24%), Vitamin E: 2.37mg (15.83%), Vitamin C: 11.38mg (13.79%), Manganese: 0.25mg (12.48%), Vitamin K: 12.36µg (11.77%), Calcium: 113.77mg (11.38%), Copper: 0.21mg (10.43%), Vitamin B6: 0.2mg (10.07%), Potassium: 352.06mg (10.06%), Fiber: 2.32g (9.29%), Phosphorus: 90.38mg (9.04%), Iron: 1.56mg (8.64%), Vitamin A: 350.22IU (7%), Vitamin B3: 1.35mg (6.76%), Magnesium: 26.27mg (6.57%), Vitamin B1: 0.09mg (6.25%), Vitamin B2: 0.1mg (5.94%), Vitamin B12: 0.32µg (5.32%), Zinc: 0.74mg (4.95%), Selenium: 3.3µg (4.72%), Folate: 18.02µg (4.5%), Vitamin B5: 0.34mg (3.45%)