



Oven-Crusted Eggplant and Fennel Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried italian-style fine
- ☐ 0.3 cup cooking wine dry red
- ☐ 3 large egg whites
- ☐ 1 lb eggplant
- ☐ 1 head fennel bulb (4 in. wide)
- ☐ 1.5 teaspoons fennel seed crushed (see notes)
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 1.8 cups tomato pasta sauce fat-free canned

- ☐ 4 servings salt and pepper

Equipment

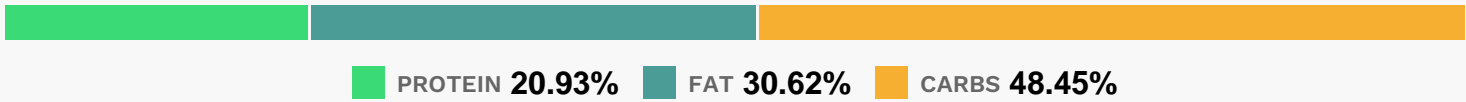
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ In a bowl, beat egg whites and oil to blend. In another bowl, mix crumbs and fennel seed.
- ☐ Rinse eggplant; trim and discard ends.
- ☐ Cut eggplant crosswise into 1/3-inch-thick slices. Trim stalks from fennel head; rinse and reserve 1/4 cup feathery green leaves. Trim and discard fennel root end, bruised areas, and coarse fibers. Rinse fennel and cut crosswise into 1/4-inch slices.
- ☐ Dip eggplant in egg mixture, lift out, drain briefly, and coat with crumb mixture. Arrange slices in a single layer on a 12- by 15-inch baking sheet.
- ☐ Mix fennel, 1/2 at a time, with egg mixture. Lift out with a slotted spoon, drain briefly, then add to crumb mixture.
- ☐ Mix and lift from crumbs.
- ☐ Spread pieces in a single layer on another 12- by 15-inch baking sheet.
- ☐ Bake in a 450 oven until vegetables are well browned and eggplant is soft when pressed, 15 to 20 minutes; if using 1 oven, switch pan positions after 7 to 9 minutes.
- ☐ Remove fennel from oven and discard any scorched crumbs.
- ☐ Sprinkle eggplant with 1/2 the cheese.
- ☐ Bake until cheese is lightly browned, 3 to 4 minutes more.
- ☐ Meanwhile, in a 1- to 2-quart pan over medium-high heat, stir pasta sauce and wine until boiling, 2 to 4 minutes.
- ☐ Arrange equal amounts of eggplant and fennel on warm dinner plates; garnish with fennel leaves.

Sprinkle with remaining cheese. Spoon sauce onto plates; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:4.09, Inflammation Score:-8, Nutrition Score:20.278695598893%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 311.21kcal (15.56%), Fat: 10.57g (16.26%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 29.29g (10.65%), Sugar: 12.12g (13.46%), Cholesterol: 12.75mg (4.25%), Sodium: 1274.38mg (55.41%), Alcohol: 1.58g (100%), Alcohol %: 0.54% (100%), Protein: 16.26g (32.51%), Vitamin K: 47.92µg (45.63%), Manganese: 0.79mg (39.68%), Calcium: 336.14mg (33.61%), Fiber: 8.34g (33.35%), Potassium: 943.51mg (26.96%), Phosphorus: 267.45mg (26.74%), Selenium: 17.37µg (24.81%), Vitamin B2: 0.41mg (24.28%), Vitamin B1: 0.35mg (23.22%), Vitamin C: 17.18mg (20.82%), Vitamin B3: 4.09mg (20.43%), Folate: 81.58µg (20.4%), Iron: 3.35mg (18.64%), Vitamin E: 2.79mg (18.6%), Copper: 0.34mg (17.12%), Magnesium: 67.37mg (16.84%), Vitamin A: 716.04IU (14.32%), Vitamin B6: 0.28mg (14.11%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.48mg (9.85%), Vitamin B12: 0.34µg (5.7%)