



Parmesan-Eggplant Crisps

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

Ingredients

- ☐ 0.8 pound eggplant
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.5 cup saltines crushed (12 crackers)

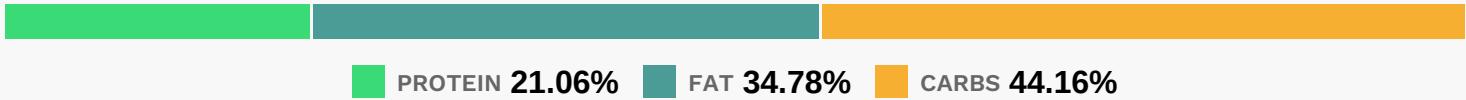
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Spread about 1/2 teaspoon mayonnaise over both sides of eggplant slices using a rubber spatula.
- ☐ Combine crackers and cheese in a shallow dish; dredge eggplant in cracker mixture.
- ☐ Place eggplant in a single layer on a baking sheet coated with cooking spray; chill 2 hours.
- ☐ Preheat oven to 42
- ☐ Bake eggplant at 425 for 15 minutes; turn eggplant slices over, and bake an additional 5 minutes or until crisp.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:6.2030434388181%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 125.53kcal (6.28%), Fat: 4.96g (7.63%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 11.1g (4.04%), Sugar: 4.72g (5.24%), Cholesterol: 10.94mg (3.65%), Sodium: 424.89mg (18.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Calcium: 178.01mg (17.8%), Manganese: 0.28mg (13.83%), Phosphorus: 128.43mg (12.84%), Fiber: 3.07g (12.28%), Vitamin K: 9.01µg (8.58%), Folate: 31.43µg (7.86%), Vitamin B2: 0.12mg (7.24%), Vitamin B1: 0.1mg (6.67%), Potassium: 228.18mg (6.52%), Selenium: 4.39µg (6.27%), Vitamin B3: 1.15mg (5.77%), Magnesium: 20.44mg (5.11%), Vitamin B6: 0.09mg (4.59%), Iron: 0.82mg (4.54%), Copper: 0.09mg (4.42%), Zinc: 0.59mg (3.96%), Vitamin B5: 0.34mg (3.45%), Vitamin B12: 0.18µg (2.97%), Vitamin E: 0.39mg (2.62%), Vitamin A: 130.35IU (2.61%), Vitamin C: 1.87mg (2.27%)