



## Ricotta Eggplant Rolls

READY IN



120 min.

SERVINGS



8

CALORIES



510 kcal

BREAD

### Ingredients

- 2 cups bread crumbs dried plain
- 10 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 2 large eggplants peeled sliced lengthwise into 1/4 inch slices
- 2 eggs
- 1 cup flour all-purpose
- 0.8 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.5 teaspoon ground pepper black

- 0.3 cup heavy cream
- 2 tablespoons penzey's southwest seasoning italian
- 0.5 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 1 teaspoon salt
- 2 cups mozzarella cheese shredded
- 0.5 cup vegetable oil divided
- 1 teaspoon sugar white

## Equipment

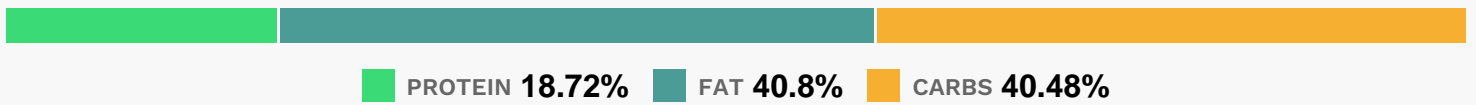
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Heat 1 tablespoon of the olive oil in a large saucepan over medium heat.
- Add garlic, and cook until fragrant and lightly browned.
- Pour in the crushed tomatoes and tomato sauce. Season with Italian seasoning, salt, sugar, and pepper. Simmer covered over medium-low heat for 30 minutes, stirring occasionally.
- Remove from heat and set aside.
- Preheat the oven to 400 degrees F (200 degrees C). In a large shallow dish, stir together the bread crumbs and flour. In a separate dish, whisk together the eggs and cream with a fork.
- Heat the remaining olive oil in a large skillet over medium-high heat. Dip each eggplant slice into the egg mixture, then coat with breadcrumbs. Fry each slice until golden brown in the hot oil, turning once.

- Drain on paper towels.
- Spread a thin layer of the marinara sauce in the bottom of a 9x13 inch baking dish. In a large bowl, stir together the ricotta cheese, mozzarella cheese, Parmesan cheese and parsley.
- Spread 2 to 3 tablespoons of the cheese mixture onto one side of each slice of eggplant.
- Roll up, and place in the baking dish seam side down. Spoon the remaining tomato sauce over the rolls. Cover the baking dish with a lid or aluminum foil.
- Bake for 30 minutes in the preheated oven.
- Garnish with additional chopped parsley before serving if desired.

## Nutrition Facts



### Properties

Glycemic Index:51.39, Glycemic Load:13.43, Inflammation Score:-9, Nutrition Score:30.010434648265%

### Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 510.13kcal (25.51%), Fat: 23.65g (36.38%), Saturated Fat: 12g (75.02%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 44.52g (16.19%), Sugar: 12.69g (14.1%), Cholesterol: 103.99mg (34.66%), Sodium: 1140.83mg (49.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin K: 118.96µg (113.29%), Manganese: 0.97mg (48.65%), Selenium: 31.79µg (45.42%), Calcium: 449.68mg (44.97%), Phosphorus: 386.65mg (38.67%), Vitamin B1: 0.54mg (36.29%), Vitamin B2: 0.59mg (34.46%), Fiber: 8.27g (33.07%), Folate: 124.52µg (31.13%), Vitamin A: 1537.65IU (30.75%), Iron: 5.33mg (29.59%), Vitamin C: 22.15mg (26.85%), Vitamin B3: 5.27mg (26.33%), Potassium: 893.31mg (25.52%), Copper: 0.45mg (22.73%), Vitamin B6: 0.42mg (20.8%), Zinc: 3.01mg (20.05%), Vitamin E: 2.95mg (19.66%), Magnesium: 78.5mg (19.62%), Vitamin B12: 1.11µg (18.46%), Vitamin B5: 1.33mg (13.3%), Vitamin D: 0.59µg (3.92%)