



Roasted Eggplant Lasagna

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 large eggplant peeled cut into 1/4-inch slices
- 3 sprigs thyme leaves fresh chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 2 cloves garlic minced
- 2 cups cheese blend shredded italian
- 2 sprigs oregano fresh chopped
- 6 slices part-skim mozzarella cheese

- 10 grinds pepper fresh black
- 16 ounce ricotta cheese
- 6 servings salt to taste
- 2.5 cups tomato sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Place eggplant slices on a wire rack; sprinkle with salt.
- Let sit until some liquid starts beading on slices, about 20 minutes. Rinse salt off eggplant slices and pat dry.
- Brush olive oil over both sides of each slice. Arrange eggplant slices on a baking sheet.
- Roast in the preheated oven for 10 to 15 minutes. Flip eggplant slices and continue roasting until slices are tender and lightly browned, 15 to 20 more minutes.
- Remove eggplant from oven and reduce temperature to 350 degrees F (175 degrees C).
- Mix ricotta cheese, Italian cheese blend, egg, garlic, oregano, thyme, and black pepper together in a bowl.
- Line a 9-inch square pan with aluminum foil. Coat the bottom of the pan with about 1/2 cup tomato sauce; top with 1/2 of the eggplant slices.
- Layer eggplant slices with 1/2 of the spinach, 1/2 of the ricotta mixture, and 1/2 of the remaining tomato sauce. Continue layering with remaining ingredients, ending with sauce. Top with mozzarella slices. Cover pan with aluminum foil.
- Bake in the preheated oven for 30 minutes.

Remove aluminum foil and continue baking until cheese is brown and bubbling, 5 to 10 more minutes.

Nutrition Facts



PROTEIN 27.75% FAT 53.96% CARBS 18.29%

Properties

Glycemic Index:35.67, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:26.531304380168%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 375.36kcal (18.77%), Fat: 23.68g (36.43%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 12.07g (4.39%), Sugar: 7.13g (7.92%), Cholesterol: 85.46mg (28.49%), Sodium: 977.33mg (42.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin K: 189.34µg (180.33%), Vitamin A: 6511.73IU (130.23%), Calcium: 487.94mg (48.79%), Manganese: 0.9mg (44.95%), Phosphorus: 296.65mg (29.67%), Selenium: 19.88µg (28.4%), Folate: 110.84µg (27.71%), Vitamin B2: 0.45mg (26.41%), Fiber: 5.99g (23.95%), Vitamin E: 3.4mg (22.64%), Potassium: 784.58mg (22.42%), Magnesium: 80.71mg (20.18%), Iron: 3.02mg (16.77%), Vitamin B6: 0.33mg (16.48%), Copper: 0.31mg (15.27%), Vitamin C: 12.55mg (15.21%), Zinc: 2.17mg (14.44%), Vitamin B3: 1.92mg (9.58%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.12mg (8.01%), Vitamin B12: 0.48µg (7.97%), Vitamin D: 0.35µg (2.37%)