



22%
HEALTH SCORE

Roasted Eggplant Lasagna with Broiled Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound eggplant peeled cut into 1-inch pieces
- 1 tablespoon rosemary leaves fresh chopped
- 8 ounces mozzarella cheese smoked thinly sliced
- 9 lasagne pasta sheets
- 2 tablespoons olive oil
- 3 ounces parmesan cheese freshly grated
- 2 pounds part-skim ricotta
- 0.5 cup shallots chopped

- 8 servings roasted garlic with roasted garlic

Equipment

- bowl
- baking sheet
- paper towels
- oven
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 375°F.
- Brush baking sheet with olive oil.
- Place eggplant pieces on paper towels.
- Sprinkle lightly with salt; let stand 20 minutes.
- Transfer eggplant to prepared sheet. Toss with 2 tablespoons oil. Roast eggplant until tender, stirring occasionally, about 30 minutes. Set aside. Maintain oven temperature.
- Mix ricotta cheese, 1/2 cup Parmesan, shallots and rosemary in large bowl. Season with salt and pepper.
- Oil 13 x 9 x 2-inch glass baking dish.
- Spread 1/2 cup tomato sauce in dish. Arrange 3 lasagna noodles crosswise in single layer in dish.
- Spread half of ricotta mixture over noodles. Arrange half of eggplant over.
- Sprinkle with salt and pepper. Spoon generous 1 cup sauce over. Arrange half of mozzarella over sauce. Repeat layering 1 more time. Top with 3 lasagna noodles.
- Spread remaining sauce over.
- Sprinkle with 3/4 cup Parmesan. Cover tightly with lightly oiled foil. (Can be made 1 day ahead; chill.)
- Bake until noodles are tender and lasagna is heated through, about 45 minutes. Uncover; bake until cheese begins to brown and sauce is bubbling slightly at edges, about 15 minutes longer.

Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 23.4% **FAT 42.11%** **CARBS 34.49%**

Properties

Glycemic Index:19.88, Glycemic Load:11.49, Inflammation Score:-7, Nutrition Score:18.918695848921%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 477.89kcal (23.89%), Fat: 22.51g (34.63%), Saturated Fat: 11.58g (72.4%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 36.5g (13.27%), Sugar: 6.69g (7.43%), Cholesterol: 66.8mg (22.27%), Sodium: 512.12mg (22.27%), Alcohol: 0g (100%), Protein: 28.14g (56.27%), Selenium: 48.33µg (69.04%), Calcium: 574.14mg (57.41%), Phosphorus: 475.65mg (47.57%), Manganese: 0.68mg (33.83%), Zinc: 3.53mg (23.53%), Vitamin B2: 0.39mg (23.19%), Fiber: 4.98g (19.93%), Vitamin B12: 1.12µg (18.65%), Potassium: 575.9mg (16.45%), Magnesium: 63.05mg (15.76%), Vitamin A: 753.3IU (15.07%), Vitamin B6: 0.27mg (13.54%), Folate: 53.37µg (13.34%), Copper: 0.25mg (12.58%), Iron: 1.61mg (8.93%), Vitamin B5: 0.87mg (8.66%), Vitamin B1: 0.12mg (8.18%), Vitamin K: 7.9µg (7.53%), Vitamin B3: 1.45mg (7.25%), Vitamin E: 1.07mg (7.16%), Vitamin C: 4.67mg (5.66%), Vitamin D: 0.28µg (1.87%)