



Schirripa's Eggplant Parmigiana

READY IN



55 min.

SERVINGS



5

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced with their juices, canned
- 1 large eggplant
- 2 eggs
- 2 tablespoons basil leaves or dried fresh chopped
- 1 pound mozzarella cheese fresh
- 1 garlic clove minced
- 0.3 cup milk
- 0.5 cup olive oil
- 1 tablespoon olive oil

- 3 tablespoons olive oil
- 0.8 cups pecorino romano cheese
- 0.3 teaspoon salt
- 3 cups flavored/seasoned bread crumbs
- 0.3 teaspoon sugar
- 1 teaspoon water

Equipment

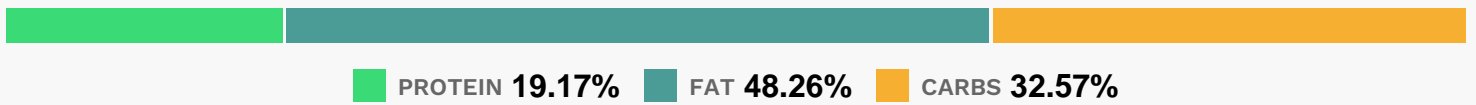
- frying pan
- paper towels
- sauce pan
- oven
- whisk

Directions

- Preheat the oven to 350 degrees F.
- Start by cutting the top and bottom off the eggplant.
- Cut it into 1/8-inch slices.
- Whisk 2 eggs with 1/4 cup milk.
- Lay out 3 cups of bread crumbs on paper towel. In a large skillet, heat 1/2 cup oil. Take each piece of eggplant and dip in the egg wash, then in bread crumbs and make sure to completely cover each piece with bread crumbs, and then fry in hot oil. Brown each slice of eggplant. Occasionally change the oil; you don't want to continue cooking eggplant slices with burnt loose bread crumbs.
- Place fried eggplant on paper towel to absorb some of the oil. Slice the fresh mozzarella.
- Line the bottom of an 11 by 9 inch glass pan with a layer of sauce.
- Place a layer of eggplant, followed by slice of mozzarella, a heaping layer of sauce, then sprinkle with a layer of Pecorino Romano cheese. Repeat, and stack about 3 to 4 eggplants high.

- Bake in the oven for 20–30 minutes. You know it's ready when the sauce bubbles and the cheese is melted.
- Heat 2 tablespoons of oil in a saucepan over medium heat until it becomes fragrant.
- Mix the garlic with 1 teaspoon water and carefully add this to the warm oil.
- Saute the garlic and cook without browning it.
- Add the tomatoes, bring it to a boil, and then reduce the heat. Simmer for 10 minutes.
- Add the basil, salt and sugar, and simmer 5 more minutes. Just before serving, blend in the last tablespoon of olive oil.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:40.68869557588%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 854.74kcal (42.74%), Fat: 46.52g (71.58%), Saturated Fat: 18.55g (115.93%), Carbohydrates: 70.66g (23.55%), Net Carbohydrates: 60.75g (22.09%), Sugar: 16.28g (18.09%), Cholesterol: 154.92mg (51.64%), Sodium: 2069.7mg (89.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.58g (83.16%), Calcium: 873.04mg (87.3%), Vitamin K: 84.03µg (80.03%), Manganese: 1.41mg (70.71%), Phosphorus: 687.84mg (68.78%), Selenium: 42.38µg (60.54%), Vitamin B1: 0.9mg (59.72%), Vitamin B2: 0.84mg (49.69%), Iron: 8.17mg (45.41%), Vitamin B12: 2.71µg (45.18%), Fiber: 9.91g (39.63%), Folate: 147.12µg (36.78%), Vitamin B3: 7.18mg (35.92%), Vitamin E: 5.25mg (35.01%), Zinc: 5.04mg (33.59%), Copper: 0.6mg (30.17%), Magnesium: 117.1mg (29.28%), Potassium: 1010.35mg (28.87%), Vitamin B6: 0.55mg (27.54%), Vitamin A: 1303.63IU (26.07%), Vitamin C: 18.76mg (22.75%), Vitamin B5: 1.67mg (16.71%), Vitamin D: 0.92µg (6.16%)