



Spicy Eggplant Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 1 small eggplant peeled cut into 1/4-inch slices
- ☐ 1.5 teaspoons basil fresh minced
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 cup ricotta cheese
- ☐ 0.5 cup mozzarella cheese shredded

☐ 1 dash worcestershire sauce to taste

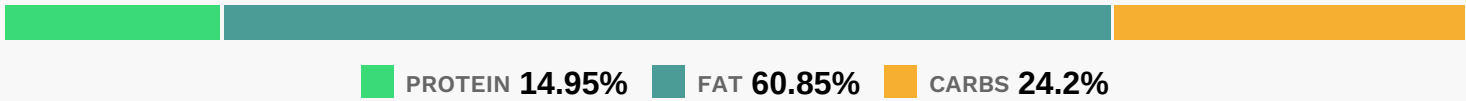
Equipment

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

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease a baking sheet.
- ☐ Combine olive oil and garlic in a bowl; brush over both sides of the eggplant slices. Arrange on the prepared baking sheet.
- ☐ Bake in preheated oven until golden brown, about 5 minutes.
- ☐ Transfer to cool on a wire rack.
- ☐ Reduce oven heat to 350 degrees F (175 degrees C). Grease a 1-quart baking dish.
- ☐ Arrange half the eggplant slices in the prepared baking dish.
- ☐ Sprinkle with 1 1/2 teaspoons basil and 1 tablespoon Parmesan cheese.
- ☐ Spread ricotta cheese over eggplant.
- ☐ Pour tomatoes over ricotta cheese and sprinkle with remaining 1 1/2 teaspoons basil. Season with Worcestershire sauce. Top with remaining sliced eggplant and spread with mozzarella cheese and 1 tablespoon Parmesan cheese. Cover baking dish with aluminum foil.
- ☐ Bake in preheated oven for 20 minutes and remove foil. Continue baking until cheese is melted, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:2.79, Inflammation Score:-7, Nutrition Score:16.267826064773%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 424.32kcal (21.22%), Fat: 29.43g (45.27%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 14.74g (5.36%), Sugar: 13.33g (14.81%), Cholesterol: 55.92mg (18.64%), Sodium: 755.03mg (32.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Fiber: 11.58g (46.32%), Calcium: 315.97mg (31.6%), Manganese: 0.57mg (28.57%), Vitamin C: 22.59mg (27.39%), Phosphorus: 270.53mg (27.05%), Selenium: 15.53µg (22.18%), Vitamin E: 2.84mg (18.93%), Potassium: 625.77mg (17.88%), Vitamin B2: 0.3mg (17.4%), Vitamin K: 18.15µg (17.29%), Folate: 60.07µg (15.02%), Vitamin B12: 0.88µg (14.72%), Zinc: 2.03mg (13.54%), Vitamin B6: 0.25mg (12.51%), Magnesium: 45.84mg (11.46%), Vitamin A: 543.96IU (10.88%), Copper: 0.21mg (10.42%), Vitamin B5: 0.83mg (8.32%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.11mg (7.32%), Iron: 1.03mg (5.72%), Vitamin D: 0.25µg (1.66%)