



Stuffed Eggplant Parmesan

READY IN



60 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground to taste
- 0.5 cup bread crumbs
- 2 medium eggplants cut in half lengthwise and hollowed out to 1/4 inch flesh rim
- 2 cloves garlic crushed
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 1 teaspoon parsley fresh italian chopped

- 1 cup mozzarella cheese shredded
- 2 cups tomato sauce

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Heat olive oil in a large skillet over medium high heat. Roughly chop eggplant centers, and add to pan with onion, garlic, oregano, and pepper. Cook and stir until lightly browned. Spoon mixture back into eggplant, and sprinkle each with Parmesan cheese, bread crumbs, and parsley.
- Place in a shallow baking dish, and cover with tomato sauce and mozzarella cheese.
- Bake in the preheated oven for 30 minutes, or until eggplant is fork-tender and cheese is bubbly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:19.579130335994%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 323.99kcal (16.2%), Fat: 16.56g (25.47%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 23.92g (8.7%), Sugar: 14.46g (16.07%), Cholesterol: 27.56mg (9.19%), Sodium: 970.34mg (42.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Manganese: 0.89mg (44.44%), Fiber: 9.93g (39.7%), Potassium: 990.53mg (28.3%), Calcium: 274.96mg (27.5%), Phosphorus: 258.06mg (25.81%), Vitamin E: 3.65mg (24.35%), Folate: 83.27µg (20.82%), Vitamin K: 21.09µg (20.08%), Vitamin B6: 0.39mg (19.62%), Vitamin B2: 0.33mg (19.38%), Copper: 0.38mg (19.16%), Vitamin C: 15.61mg (18.92%), Vitamin B3: 3.69mg (18.44%), Vitamin B1: 0.27mg (18.17%), Selenium: 12.11µg (17.3%), Magnesium: 67.94mg (16.98%), Vitamin A: 838.13IU (16.76%), Iron: 2.81mg (15.6%), Zinc: 1.99mg (13.24%), Vitamin B12: 0.77µg (12.83%), Vitamin B5: 1.2mg (11.96%)