



Stuffed Eggplant Parmesan Rolls

READY IN



85 min.

SERVINGS



8

CALORIES



353 kcal

BREAD

Ingredients

- 1 cup bread crumbs dried
- 1 large eggplant ends trimmed
- 3 eggs beaten
- 1 cup flour all-purpose
- 1 tablespoon garlic minced
- 8 servings salt and ground pepper black to taste
- 2 cups pasta sauce prepared
- 2 cups ricotta cheese
- 0.5 cup romano cheese grated

- 2 teaspoons sea salt or as needed
- 8 servings vegetable oil for frying or as needed

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13-inch baking dish with butter.
- Slice eggplant into 1/4-inch thick slices lengthwise; discard the end slices with skin.
- Lay the eggplant slices on paper towels and sprinkle both sides generously with sea salt.
- Let slices drain for 30 minutes; rinse and pat dry with paper towels.
- Place flour, eggs, and bread crumbs in separate shallow bowls. Dip each eggplant slice in flour and shake off excess; dip into egg and then into bread crumbs.
- Heat vegetable oil in a large skillet over medium heat and fry the slices until golden brown, about 5 minutes per side.
- Drain on paper towels, place on baking sheets, and refrigerate eggplant for 10 minutes.
- Mix ricotta cheese, Romano cheese, and garlic in a bowl; season to taste with salt and black pepper.
- Place a cooled eggplant slice onto a work surface and mound 1/3 to 1/2 cup of cheese mixture in the center; roll up slice and place seam side down into the prepared baking sheet. Repeat with remaining slices and cheese filling.
- Bake rolls in the preheated oven until filling is hot, about 25 minutes.

Nutrition Facts



■ PROTEIN 19.08% ■ FAT 39.24% ■ CARBS 41.68%

Properties

Glycemic Index:33.69, Glycemic Load:13.94, Inflammation Score:-5, Nutrition Score:13.265652184901%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 353.08kcal (17.65%), Fat: 15.35g (23.62%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 36.7g (12.23%), Net Carbohydrates: 33.38g (12.14%), Sugar: 3.35g (3.72%), Cholesterol: 99.5mg (33.17%), Sodium: 832.64mg (36.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.61%), Selenium: 31.74µg (45.34%), Phosphorus: 249.75mg (24.97%), Manganese: 0.5mg (24.93%), Calcium: 240.95mg (24.1%), Vitamin B2: 0.38mg (22.32%), Vitamin B1: 0.3mg (20.03%), Folate: 73.37µg (18.34%), Iron: 2.49mg (13.83%), Fiber: 3.32g (13.29%), Vitamin B3: 2.4mg (11.98%), Zinc: 1.65mg (11.03%), Vitamin K: 9.14µg (8.71%), Magnesium: 34.34mg (8.59%), Copper: 0.16mg (8.21%), Potassium: 285.91mg (8.17%), Vitamin A: 404.74IU (8.09%), Vitamin B12: 0.47µg (7.92%), Vitamin B6: 0.16mg (7.92%), Vitamin B5: 0.76mg (7.56%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.49µg (3.24%), Vitamin C: 1.57mg (1.9%)