



Summer Eggplant Lasagna

READY IN



105 min.

SERVINGS



6

CALORIES



949 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil leaves
- 6 servings pepper black freshly ground
- 1.5 cups bread crumbs plain
- 1 eggplant
- 2 eggs with 1 teaspoon water beaten
- 6 servings garlic minced
- 1 to 2 garlic cloves through a garlic press pressed
- 2 tablespoons garlic powder
- 6 servings grape tomatoes with some vinaigrette, for garnish halved

- 16 ounce lasagna noodles
- 0.5 cup mint leaves
- 1 pound mozzarella cheese fresh shredded cubed
- 1 cup olive oil
- 6 servings olive oil for frying
- 1 teaspoon oregano dried
- 2 tablespoons oregano dried
- 1 cup parmesan grated
- 6 servings parmesan shredded
- 2 tablespoons parsley leaves dried
- 2 tablespoons parsley leaves italian
- 0.3 cup peppadew peppers chopped
- 0.5 cup red wine vinegar
- 6 servings salt
- 6 servings salt and pepper black freshly ground
- 2 tablespoons sugar

Equipment

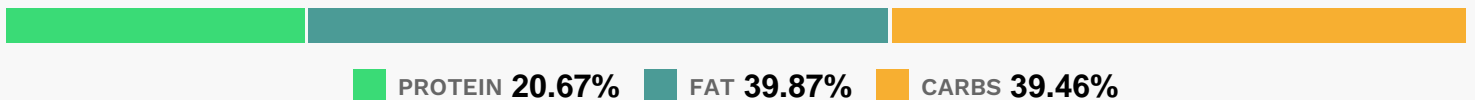
- bowl
- frying pan
- paper towels
- colander

Directions

- Peel and slice the eggplant and salt it in a colander. Cover with paper towels and a tea kettle that is full and heavy.
- Let stand for about 1 hour until moisture is released. This first step is very important to remove any bitterness.

- Batter the eggplant by dipping first in beaten eggs, then in bread crumbs seasoned with salt, pepper, oregano, parsley, and garlic powder. (If you need to use store bought seasoned bread crumbs omit salt and pepper.)
- In a deep sided fry pan heat the olive oil to 350 degrees F.
- Add a little butter (for flavor) and fry the eggplant in batches until golden brown.
- Drain on paper towels and set aside.
- Make the vinaigrette of red wine vinegar, olive oil, chopped peppadews, sugar, oregano and garlic. Season with salt and pepper, to taste.
- Chop the mint and Italian parsley.
- Spoon 2 tablespoons vinaigrette in the bottom of a large bowl.
- Layer eggplant slices with the chopped mint, parsley, and the vinaigrette. Top with more of the vinaigrette and marinate, covered, in the refrigerator for at least 1 hour. (Cook's note: you can also add to the layers more minced garlic and shredded Parmesan.)
- Boil the lasagna noodles with a little oil, so that they do not stick, and some salt, to impart some flavor.
- In a beautiful serving dish layer the marinated eggplant, the noodles, then sprinkle with some fresh mozzarella, then the basil and finally drizzle with the vinaigrette. Repeat until all the layers are formed, making sure that the noodle is not the last layer.
- Garnish with cherry tomatoes. Season with salt and pepper, to taste.
- Serve at room temperature for the best summer lasagna. Manga!!!

Nutrition Facts



Properties

Glycemic Index:90.68, Glycemic Load:27.53, Inflammation Score:-10, Nutrition Score:36.181304278581%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 948.83kcal (47.44%), Fat: 41.88g (64.44%), Saturated Fat: 19.6g (122.51%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 85.6g (31.13%), Sugar: 11.92g (13.24%), Cholesterol: 91.46mg (30.49%), Sodium: 1626.97mg (70.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.87g (97.74%), Selenium: 79.43µg (113.47%), Calcium: 1066.44mg (106.64%), Phosphorus: 825.39mg (82.54%), Vitamin K: 78.48µg (74.75%), Manganese: 1.45mg (72.51%), Vitamin B12: 2.38µg (39.64%), Zinc: 5.35mg (35.67%), Vitamin B2: 0.59mg (34.51%), Fiber: 7.68g (30.7%), Vitamin A: 1449.24IU (28.98%), Vitamin B1: 0.43mg (28.81%), Magnesium: 113.9mg (28.47%), Iron: 4.74mg (26.31%), Copper: 0.44mg (22.23%), Folate: 84.44µg (21.11%), Vitamin B6: 0.41mg (20.43%), Vitamin B3: 4.07mg (20.35%), Potassium: 633.64mg (18.1%), Vitamin E: 2.47mg (16.48%), Vitamin C: 13.18mg (15.97%), Vitamin B5: 1.1mg (11.04%), Vitamin D: 0.54µg (3.57%)