



 **24%**
HEALTH SCORE

Tomato Cutlets

READY IN



45 min.

SERVINGS



5

CALORIES



373 kcal

SIDE DISH

Ingredients

- 6 baby eggplant halved
- 6 baby eggplant halved
- 3 beefsteak tomatoes thick sliced
- 1 cup bread crumbs italian - style
- 2 milk with 1 tablespoon milk beaten
- 0.5 juice of lemon
- 2 tablespoons olive oil
- 0.5 cup parsley fresh italian chopped
- 1 Dashes pepper

5 servings pecorino cheese fresh grated

1 Dashes salt

Equipment

frying pan

Directions

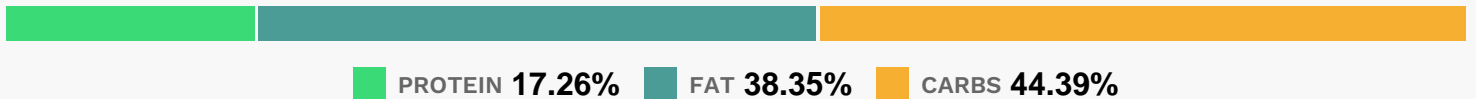
Prepare the eggs, bread crumbs and sliced tomatoes. Dip the tomato slice in the egg wash and then in the bread crumbs. If you have extra egg wash and bread crumbs you can repeat this process.

Heat a large frying pan with the olive oil and place the prepared tomato slices in the pan. When the tomatoes have a nice golden color gently flip and finish cooking on the other side. This will take about 3–4 minutes on each side on medium heat.

Place halved eggplant in the frying pan and sprinkle with dashes of salt and pepper.

Let the eggplant saut on one side to a golden color then turn and saut on the other side. This will take about 3 4 minutes on each side. Plate and finish with the parsley garnish, lemon juice and grated cheese.

Nutrition Facts



Properties

Glycemic Index:45.4, Glycemic Load:7.16, Inflammation Score:-9, Nutrition Score:33.927391304348%

Flavonoids

Delphinidin: 464.78mg, Delphinidin: 464.78mg, Delphinidin: 464.78mg, Delphinidin: 464.78mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 372.73kcal (18.64%), Fat: 17.12g (26.33%), Saturated Fat: 7.24g (45.27%), Carbohydrates: 44.57g (14.86%), Net Carbohydrates: 25.4g (9.24%), Sugar: 26.61g (29.56%), Cholesterol: 31.25mg (10.42%), Sodium: 483.03mg (21%), Protein: 17.33g (34.65%), Vitamin K: 137.86µg (131.3%), Fiber: 19.17g (76.69%), Manganese: 1.53mg (76.63%), Vitamin C: 49.02mg (59.42%), Potassium: 1803.19mg (51.52%), Vitamin A: 2455.93IU (49.12%), Phosphorus: 413.65mg (41.36%), Folate: 165.31µg (41.33%), Calcium: 398.36mg (39.84%), Vitamin B6: 0.65mg (32.6%), Copper: 0.58mg (29.04%), Magnesium: 115.2mg (28.8%), Vitamin B3: 5.09mg (25.46%), Vitamin E: 3.66mg (24.37%), Vitamin B2: 0.36mg (21.34%), Vitamin B1: 0.31mg (20.82%), Vitamin B5: 1.87mg (18.65%), Iron: 2.57mg (14.29%), Zinc: 2.07mg (13.8%), Selenium: 6µg (8.58%), Vitamin B12: 0.34µg (5.64%), Vitamin D: 0.15µg (1.03%)