



WHATSheATE



Vegetable Parmesan

READY IN



58 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 6 servings butter for greasing the baking dish
- ☐ 1 medium eggplant cut into 1/4 to 1/ slices
- ☐ 2 medium fennel bulbs trimmed cut into 1/ slices
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 26 ounce tomatoes divided
- ☐ 6 servings olive oil for drizzling
- ☐ 1 cup parmesan divided grated
- ☐ 3 cups mozzarella cheese shredded divided

☐ 2 zucchini trimmed cut lengthwise into 1/ slices

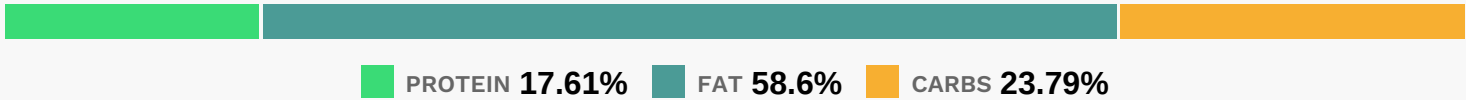
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Butter a 13 by 9-inch baking dish.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Drizzle the eggplant, fennel and zucchini slices with olive oil. Season with salt and pepper. Grill the vegetables until softened, 3 to 4 minutes each side. (The vegetables can also be baked in a 375 degrees F oven for 15 to 20 minutes until soft).
- ☐ Spoon 3/4 cup of the marinara sauce over the bottom of the prepared baking dish. Arrange the eggplant slices on top.
- ☐ Sprinkle with 1 cup of mozzarella cheese and 1/3 cup Parmesan cheese. Arrange the fennel slices in a single layer on top. Spoon 3/4 cup of marinara sauce over the peppers.
- ☐ Sprinkle with 1 cup of mozzarella cheese and 1/3 cup Parmesan. Arrange the zucchini on top and cover with the remaining sauce.
- ☐ Sprinkle with the remaining cheese. Scatter the bread crumbs over the cheese and drizzle liberally with oil.
- ☐ Bake until the top is golden and forms a crust, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:4.94, Inflammation Score:-8, Nutrition Score:27.235652083936%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 548.15kcal (27.41%), Fat: 36.7g (56.47%), Saturated Fat: 15.02g (93.88%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 25.48g (9.27%), Sugar: 13.6g (15.11%), Cholesterol: 66.32mg (22.11%), Sodium: 1411.94mg (61.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Vitamin K: 69.61µg (66.29%), Calcium: 587.6mg (58.76%), Phosphorus: 460.28mg (46.03%), Manganese: 0.77mg (38.57%), Vitamin C: 31.33mg (37.98%), Potassium: 1128.94mg (32.26%), Fiber: 8.04g (32.16%), Vitamin E: 4.82mg (32.13%), Vitamin B2: 0.48mg (28.39%), Vitamin A: 1418.9IU (28.38%), Selenium: 19.5µg (27.86%), Vitamin B12: 1.55µg (25.81%), Folate: 89.1µg (22.28%), Zinc: 3.12mg (20.78%), Magnesium: 80.68mg (20.17%), Vitamin B1: 0.29mg (19.61%), Iron: 3.51mg (19.49%), Vitamin B6: 0.39mg (19.29%), Vitamin B3: 3.81mg (19.04%), Copper: 0.35mg (17.4%), Vitamin B5: 1.17mg (11.69%), Vitamin D: 0.31µg (2.05%)