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Eggplant Parmigiana Dinner ♦♦

Eggplant Parmigiana is a classic Italian dish made with layers of breaded and fried eggplant slices, tomato sauce, and cheese. It is a hearty and delicious dinner option that is perfect for vegetarians and non-vegetarians alike.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	eggplant
100 g	breadcrumbs
500 g	tomato sauce
300 g	mozzarella cheese
100 g	parmesan cheese

50 g	olive oil
10 g	Salt
5 g	Black pepper
10 g	Basil

Directions

Step 1

Oven

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Slice the eggplant into 1/2-inch thick rounds. Sprinkle salt on both sides of the eggplant slices and let them sit for 20 minutes to remove excess moisture.

Prep Time: 20 mins

Cook Time: 0 mins

Step 3

Preparation

Rinse the eggplant slices under cold water and pat them dry with a paper towel.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Dip each eggplant slice into beaten eggs and then coat them with breadcrumbs.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Frying

Heat olive oil in a large skillet over medium heat. Fry the breaded eggplant slices until golden brown on both sides. Remove from the skillet and drain on paper towels.

Prep Time: 15 mins

Cook Time: 0 mins

Step 6

Baking

Spread a thin layer of tomato sauce on the bottom of a baking dish. Arrange a layer of fried eggplant slices on top. Sprinkle with salt, black pepper, and basil. Repeat the layers until all the eggplant slices are used.

Prep Time: 10 mins

Cook Time: 0 mins

Step 7

Baking

Top the eggplant slices with mozzarella cheese and grated Parmesan cheese.

Prep Time: 5 mins

Cook Time: 30 mins

Step 8

Baking

Bake in the preheated oven for 30 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 30 mins

Step 9

Resting

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian Middle Eastern

Kitchen Tools

Slow Cooker

Course

Side Dishes Desserts Salads Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Passover Ramadan Thanksgiving
Christmas Easter Halloween

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Meal Type

Dinner Snack Supper

Difficulty Level

Medium

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