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## Eggplant Rolls ♦

Eggplant rolls are a delicious vegetarian dish that originated in Mediterranean cuisine. The dish consists of thinly sliced eggplant that is rolled around a filling of cheese, herbs, and vegetables. The rolls are then baked until the eggplant is tender and the filling is melted and golden brown. Eggplant rolls are often served as an appetizer or as a main course with a side salad. They are a great option for vegetarians and can be easily adapted to a vegan diet by using dairy-free cheese.

**Recipe Type:** Vegetarian

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	eggplant
200 g	mozzarella cheese
50 g	parmesan cheese

20 g	fresh basil leaves
200 g	Cherry Tomatoes
30 ml	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Slice the eggplant lengthwise into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Sprinkling

Sprinkle salt on the eggplant slices and let them sit for 10 minutes to remove excess moisture.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

Rinsing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a bowl, combine the mozzarella cheese, Parmesan cheese, chopped basil leaves, cherry tomatoes (halved), olive oil, salt, and black pepper.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 6

Rolling

Place a spoonful of the cheese mixture on each eggplant slice and roll it up tightly.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 7

Drizzling

Place the eggplant rolls in a baking dish and drizzle with olive oil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Baking

Bake in the preheated oven for 25-30 minutes, or until the eggplant is tender and the cheese is melted and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 9

Serving

Serve the eggplant rolls hot as an appetizer or as a main course with a side salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 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	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Italian

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Course

Salads

Soups

Appetizers

Side Dishes

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Halloween

### Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

## Meal Type

Brunch

Supper

Lunch

## Difficulty Level

Medium

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