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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

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the eggplant lengthwise into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

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

Step 4

Rinsing

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

Prep Time: 5 mins

Cook Time: 0 mins

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

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

Step 7

Drizzling

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

Prep Time: 5 mins

Cook Time: 0 mins

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

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

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

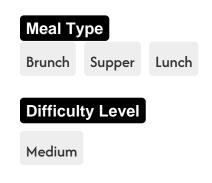
Cost

\$10 to \$20 \$20 to \$30 \$40 to \$50

Demographics

Kids Friendly Teen Friendly Pregnancy Safe Lactation Friendly

Allergy Friendly



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