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## Eggplant Parmigiana Panini ♦

The Eggplant Parmigiana Panini is a delicious vegetarian sandwich made with crispy breaded eggplant slices, melted mozzarella cheese, and tangy marinara sauce. It is a classic Italian dish that is perfect for lunch or dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 20 mins

**Cook Time:** 20 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	eggplant
100 g	breadcrumbs
2 units	Eggs
50 g	flour
200 g	mozzarella cheese

250 g	marinara sauce
50 g	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Slice the eggplant into 1/2-inch thick rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a shallow dish, beat the eggs with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Coating

Dip each eggplant slice into the flour, then into the beaten eggs, and finally into the breadcrumbs, pressing gently to adhere.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 5

Frying

Heat olive oil in a large skillet over medium heat. Fry the breaded eggplant slices until golden brown on both sides, about 3-4 minutes per side. Transfer the fried eggplant slices to a paper towel-lined plate to drain excess oil.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Assembling

Spread marinara sauce on one side of each bread slice. Place a fried eggplant slice on top of the sauce, followed by a slice of mozzarella cheese. Top with another bread slice.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 7

Grilling

Heat a panini press or grill pan over medium heat. Place the assembled sandwiches in the panini press or grill pan and cook until the cheese is melted and the bread is crispy, about 3-4 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

## Step 8

Serving

Slice the panini in half and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 18 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	70 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	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	25 mg	2.5%	2.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Italian Chinese Japanese Mediterranean

### Meal Type

Brunch Lunch Dinner Snack

### Kitchen Tools

Slow Cooker

### Course

Appetizers Side Dishes Soups Sauces & Dressings

### Cultural

Chinese New Year Diwali Oktoberfest Passover St. Patrick's Day

Halloween

### Cost

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

### Difficulty Level

Medium

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