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Eggplant Marinara ♦

Eggplant Marinara is a vegetarian dish that originated in Italy. It is made by frying sliced eggplant and then simmering it in a tomato sauce. The dish is often served with pasta or as a topping for pizza. It is a popular choice for those following a vegetarian diet.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	eggplant
2 c	tomato sauce
3 tbsp	Olive oil
2 cloves	garlic
2 tsp	Basil

1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Cut

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

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sprinkling

Sprinkle salt on both sides of the eggplant slices and let them sit for 10 minutes to draw out excess moisture.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Rinsing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat olive oil in a large skillet over medium heat. Add the eggplant slices and cook until golden brown on both sides, about 5 minutes per side.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Remove the eggplant slices from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cooking

In the same skillet, add garlic and cook until fragrant, about 1 minute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Cooking

Add tomato sauce, basil, salt, and black pepper to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 10 mins

Step 8

Simmering

Return the eggplant slices to the skillet and simmer for 10 minutes, or until the sauce has thickened.

Prep Time: 0 mins

Cook Time: 10 mins

Step 9

Serving

Serve the Eggplant Marinara hot with pasta or as a topping for pizza.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 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	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

Course

Soups

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Halloween

Cost

\$10 to \$20

\$30 to \$40

Over \$50

Demographics

Senior Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Volumetrics Diet

The Whole30 Diet

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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