



2 Servings

eggplant parmesan

Ingredients

egg	1 large
mozzarella cheese, shredded	1/4 Cup(s)
shredded parmesan cheese	2 Tbsp
marinara spaghetti sauce	1 Cup(s)
eggplant	1/2 eggplant

Nutrition Totals

Calories 404 / **Carbs** 36 g / **Protein** 23 g / **Fat** 20 g / **Fluid** 512 g

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake for 35 minutes, or until golden brown.

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Nutrition Label

Eggplant Parmesan	
Amount Per Serving	
Calories	202
% Daily Value*	
Total Fat 9.8g	15%
Saturated Fat 4.4g	22%
Trans Fat 0.1g	
Cholesterol 109.1mg	36%
Sodium 746.7mg	31%
Total Carbohydrates 17.8g	6%
Dietary Fiber 6.3g	25%
Total Sugar 11.8g	
Protein 11.6g	
Vitamin D 21.5IU	4%
Calcium 197.7mg	20%
Iron 1.7mg	10%
Potassium 751.8mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.