

# Eggplant Parmesan Casserole

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-on-eggplant-parmesan-recipe>

## Ingredients:

- 2 eggplant medium
- 1 tablespoon olive oil
- 1 pound hot Italian sausage crumbled
- 1/4 cup Parmesan cheese dehydrated
- 1/4 cup coconut flour
- 1/2 teaspoon garlic powder roasted
- 1 teaspoon Italian seasoning divided
- 2 cups marinara sauce
- 3/4 cup whole milk ricotta cheese
- 1/2 cup shredded Parmesan cheese fresh
- 3 large egg
- 10 slices cheese fresh mozzarella
- 1/2 cup cheese shredded fresh mozzarella
- 2 teaspoons salt
- pepper

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 245 milligrams
4. Fat: 59 grams
5. Fiber: 9 grams
6. Protein: 39 grams
7. SaturatedFat: 29 grams
8. Sodium: 2290 milligrams
9. Sugar: 13 grams

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