

Baked Eggplant Rolls

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-eggplant-indian-recipe>

Ingredients:

- 2 eggplant about 1 lb. each
- 1 1/2 teaspoons salt plus salt, to taste
- 2 red bell peppers
- 1/4 cup toasted lightly, fine fresh bread crumbs
- 3/4 cup pecorino cheese grated
- 1 tablespoon pine nuts
- 4 tablespoons extra virgin olive oil
- 2 garlic cloves minced
- freshly ground pepper to taste
- 16 fresh basil leaves
- white wine vinegar to taste
- 1 tablespoon fresh flat leaf parsley minced

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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