

Eggplant Involtini

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-involtini>

Ingredients:

- 1 eggplant large, about 1 1/2 lb.
- sea salt
- freshly ground pepper
- 1 cup whole milk ricotta cheese
- 1/4 pound fresh mozzarella cheese shredded
- 4 tablespoons parmigiano reggiano cheese grated
- 1 tablespoon fresh flat leaf parsley chopped
- olive oil for brushing
- 2 1/2 cups tomato sauce purchased or homemade, see related recipes at left

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 40 milligrams
4. Fat: 20 grams
5. Fiber: 10 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 1010 milligrams
9. Sugar: 17 grams

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