

Parmigiana di Melanzane – Eggplant Parmigiana

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 5 eggplants not the round kind, better use the teardrop shaped, purple ones
- 2 cups canned tomatoes crushed
- 2 garlic cloves minced
- fresh basil leaves A fistful of
- 2 eggs
- 5 flour fistfuls of
- 1 mozzarella medium, around 4 oz, diced
- 1/2 cup parmigiano grated
- vegetable oil for frying
- olive oil for sautéing
- salt to taste

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 160 milligrams
4. Fat: 28 grams
5. Fiber: 23 grams
6. Protein: 30 grams
7. SaturatedFat: 11 grams
8. Sodium: 960 milligrams
9. Sugar: 15 grams

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