

# Spicy Pesto Eggplant Parmigiana

Yield: 10 min  
Total Time: 90 min

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

## Ingredients:

- chunky tomato sauce
- 2 tablespoons olive oil
- 2 onions medium, chopped
- 4 garlic cloves minced
- 2 tablespoons tomato paste
- 1 tablespoon red peppers crushed, chili flakes
- 3 whole peeled tomatoes x, 14oz/398ml cans
- 1 pinch sugar
- 1 pinch salt & freshly ground pepper
- parmigiana EGGPLANT
- 84 ounces eggplants trimmed
- 2/3 cup white rice flour
- 4 eggs lightly beaten
- 3 cups cornflake crumbs
- olive oil
- 1 cup pesto
- 1 pound fresh mozzarella sliced
- 12 slices provolone cheese
- 1 1/2 cups finely grated Parmesan cheese
- basil leaves
- pesto

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 145 milligrams
4. Fat: 26 grams

5. Fiber: 10 grams
6. Protein: 27 grams
7. SaturatedFat: 13 grams
8. Sodium: 1000 milligrams
9. Sugar: 10 grams

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