

Italian Stuffed Eggplant with Ground Veal

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-veal-pocket-recipe>

Ingredients:

- eggplant
- 2 eggplants
- sea salt
- olive oil for brushing
- veal
- 1 pound ground veal
- 1 teaspoon seasalt
- 1 teaspoon black pepper
- 1/3 cup milk
- 1/2 cup basil chopped
- 2 tablespoons chopped parsley
- 1/3 cup pecorino romano grated, or freshly grated parmesan, I tend to use both
- 1 teaspoon fennel powder [Order Here](#)
- 1 egg
- 1/2 onion chopped
- 4 garlic cloves minced
- eggplant For Stuffed
- 2 tablespoons tomato sauce optional
- 1/4 cup mozzarella cheese
- 1 tablespoon grated Parmesan cheese freshly

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 175 milligrams
4. Fat: 22 grams
5. Fiber: 10 grams

6. Protein: 36 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 1250 milligrams
 9. Sugar: 9 grams
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