

# Melanzane alla Parmigiana - Aubergine parmigiana

Yield: 8 min  
Total Time: 31 min

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

## Ingredients:

- 4 aubergines
- flour for dusting the eggplant
- oil seed, for frying
- 2 1/8 cups tomato purée
- extra-virgin olive oil
- 1 clove garlic
- 3 basil leaves
- 1 1/3 cups mozzarella fiordilatte, finely chopped
- 3 eggs beaten
- 1 cup grated Parmesan cheese

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 105 milligrams
4. Fat: 15 grams
5. Fiber: 10 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 600 milligrams
9. Sugar: 9 grams

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