

Eggplant Milanese Torta

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-milanese-torta-recipe>

Ingredients:

- 3 eggplants large
- 4 large eggs
- 2/3 cup chopped parsley finely
- 6 tablespoons almond milk or any dairy or non-dairy milk
- 2 tablespoons minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups plain breadcrumbs
- 1 1/2 cups grated Parmesan cheese
- 8 slices multigrain bread 4 sandwiches
- tomato slices optional
- lettuce leaves optional

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 113 grams
3. Cholesterol: 245 milligrams
4. Fat: 22 grams
5. Fiber: 20 grams
6. Protein: 43 grams
7. SaturatedFat: 10 grams
8. Sodium: 1970 milligrams
9. Sugar: 19 grams

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