

# Stuffed Eggplant Parmesan

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-stuffed-eggplant-parmesan-recipe>

## Ingredients:

- 15 ounces diced tomatoes 450 g
- 2 tablespoons tomato paste 30 g
- 2 cloves garlic minced
- 1 teaspoon dried oregano each dried parsley
- 1/4 teaspoon salt
- 2 eggplants small
- 1/2 cup shredded mozzarella 50 g
- 1/4 cup grated Parmesan 25 g
- 1/4 cup panko breadcrumbs 15 g

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 10 grams
6. Protein: 10 grams
7. SaturatedFat: 3 grams
8. Sodium: 410 milligrams
9. Sugar: 10 grams

---

Thank you for visiting our website. Hope you enjoy Stuffed Eggplant Parmesan above. You can see more 16 southern living stuffed eggplant parmesan recipe Prepare to be amazed! to get more great cooking ideas.