

Eggplant Parmesan Casserole

Mrs. William Barth - New Orleans, LA
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 10

1 large eggplant
3 eggs, slightly beaten
2 cups Italian seasoned bread crumbs
1/2 cup vegetable or olive oil
8 ounces Parmesan or sharp Cheddar cheese, grated
1 can (8 ounce) tomato sauce

Preheat the oven to 350 degrees.

Peel the eggplant and slice thinly. Dip in the egg and then breadcrumbs. Place eggplant slices in a large skillet. Fry the eggplant until tender and brown. Drain on paper towels.

In a two-quart casserole, place alternate layers of eggplant, grated cheese and tomato sauce.

Bake until bubbling hot, about 30 minutes.

Per Serving (excluding unknown items): 41 Calories; 2g Fat (33.1% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 171mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	41
% Calories from Fat:	33.1%
% Calories from Carbohydrates:	42.5%
% Calories from Protein:	24.4%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	64mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 171mg
Potassium (mg): 210mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 352IU
Vitamin A (r.e.): 48 1/2RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 41 Calories from Fat: 14

% Daily Values*

Total Fat	2g	2%
Saturated Fat	trace	2%
Cholesterol	64mg	21%
Sodium	171mg	7%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	6%
Protein	3g	
Vitamin A		7%
Vitamin C		4%
Calcium		1%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.