

Fried Eggplant Parmesan

Marie B. Curry - Chunchula, AL
Southern Living - 1987 Annual Recipes

Servings: 4

1 (one pound) eggplant
1 teaspoon salt
3/4 cup cornmeal
1/4 teaspoon white pepper
1/8 teaspoon garlic powder
vegetable oil
1/4 cup Parmesan cheese, grated

Peel the eggplant and cut into 2x1/4-inch strips. Sprinkle with salt. Let stand 30 minutes. Pat dry.

In a bowl, combine the cornmeal, pepper and garlic powder. Dredge the eggplant in the cornmeal mixture.

Fry in deep, hot oil (375 degrees) until golden brown, cooking only a few at a time.

Sprinkle with Parmesan cheese.

Per Serving (excluding unknown items): 148 Calories; 2g Fat (12.8% calories from fat); 5g Protein; 27g Carbohydrate; 5g Dietary Fiber; 4mg Cholesterol; 630mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	148
% Calories from Fat:	12.8%
% Calories from Carbohydrates:	72.7%
% Calories from Protein:	14.5%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	27g
Dietary Fiber (g):	5g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	1 1/2
	1/2

Protein (g):
Sodium (mg): 630mg
Potassium (mg): 297mg
Calcium (mg): 82mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 238IU
Vitamin A (r.e.): 30 1/2RE

Lean Meat:
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 148 Calories from Fat: 19

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	5%
Cholesterol	4mg	1%
Sodium	630mg	26%
Total Carbohydrates	27g	9%
Dietary Fiber	5g	19%
Protein	5g	

Vitamin A	5%
Vitamin C	3%
Calcium	8%
Iron	8%

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