

# Italian Eggplant

Mrs. Jack B. Adger - Montgomery, AL  
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 large eggplant, peeled and sliced  
1 egg, slightly beaten with a little milk  
flour, seasoned  
cooking oil  
1 1/2 pounds ground beef  
1 onion, chopped  
1 can (20 ounce) tomatoes  
1 can (8 ounce) tomato sauce  
1 tablespoon parsley  
1 bay leaf  
1/2 teaspoon thyme  
1 pinch basil  
1 teaspoon sugar  
salt (to taste)  
pepper (to taste)  
1/2 pound mozzarella cheese, sliced

Preheat the oven to 400 degrees.

Dip the eggplant slices in the egg mixture. Shake in seasoned flour. Saute' in oil until lightly browned.

In a skillet, brown the meat and onion. Add the tomatoes, tomato sauce and seasonings. Simmer slowly for 30 minutes.

In a baking dish, arrange alternate layers of eggplant, meat sauce, and cheese.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 3188 Calories; 244g Fat (68.6% calories from fat); 179g Protein; 72g Carbohydrate; 19g Dietary Fiber; 994mg Cholesterol; 2988mg Sodium. Exchanges: 0 Grain(Starch); 24 Lean Meat; 11 Vegetable; 35 Fat; 1/2 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	3188	<b>Vitamin B6 (mg):</b>	2.8mg
<b>% Calories from Fat:</b>	68.6%	<b>Vitamin B12 (mcg):</b>	20.3mcg
<b>% Calories from Carbohydrates:</b>	9.0%	<b>Thiamin B1 (mg):</b>	.8mg
<b>% Calories from Protein:</b>	22.4%	<b>Riboflavin B2 (mg):</b>	2.2mg
<b>Total Fat (g):</b>	244g	<b>Folacin (mcg):</b>	247mcg
<b>Saturated Fat (g):</b>	111g	<b>Niacin (mg):</b>	37mg
<b>Monounsaturated Fat (g):</b>	97g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 11g  
**Cholesterol (mg):** 994mg  
**Carbohydrate (g):** 72g  
**Dietary Fiber (g):** 19g  
**Protein (g):** 179g  
**Sodium (mg):** 2988mg  
**Potassium (mg):** 4168mg  
**Calcium (mg):** 1502mg  
**Iron (mg):** 18mg  
**Zinc (mg):** 32mg  
**Vitamin C (mg):** 58mg  
**Vitamin A (i.u.):** 6083IU  
**Vitamin A (r.e.):** 1062RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 24  
**Vegetable:** 11  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 35  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 3188                      **Calories from Fat:** 2188

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### % Daily Values\*

<b>Total Fat</b> 244g	375%
Saturated Fat 111g	553%
<b>Cholesterol</b> 994mg	331%
<b>Sodium</b> 2988mg	125%
<b>Total Carbohydrates</b> 72g	24%
Dietary Fiber 19g	75%
<b>Protein</b> 179g	
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<b>Vitamin A</b>	122%
<b>Vitamin C</b>	97%
<b>Calcium</b>	150%
<b>Iron</b>	101%

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