



Air Fryer Eggplant Bake

🕒 5 MINS PREP | 🕒 20 MINS COOK | 🍴 6 SERVINGS

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INGREDIENTS

1 Globe Eggplant	1 tablespoon Olive Oil
1 cup Marinara Sauce	1/4 teaspoon Seasoned Salt
1 cup Shredded Mozzarella Cheese	1/4 cup Crumbs Gluten Free Plain
	1/4 cup Fresh Basil

NUTRITION INFORMATION PER SERVING

Protein 5.2g	Vegetables 1.13 servings
Total Fat 5.6g	Saturated Fat 1.99g
Carbs 15g	Sodium 297mg
Calories 124kcal	Added Sugar 0g
Fiber 3.76g	Fruits 0 servings

Method

1. Chop eggplant in half and then chunk the eggplant into medium size pieces. Toss eggplant after adding the olive oil and then fold in the breadcrumbs.
2. Add mixture into the air fryer for 15 minutes on high.
3. Next, add marinara sauce over top of cooked eggplant and top with mozzarella. Air fry on high for another 5 minutes. Garnish with basil and serve.

