

# Keto Eggplant Parmesan

Hands-on 20 minutes Overall 1 hour 20 minutes

**Nutritional values (per serving):** Total carbs: 15.1 g, Fiber: 7.8 g, **Net carbs: 7.3 g,**

Protein: 16.2 g, Fat: 31.2 g, Calories: 405 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 1 large eggplant (500 g/ 1.1 lb)
- 1/2 tsp salt
- 1 large egg
- 1 tbsp heavy whipping cream *or* [coconut milk](#) *or* [almond milk](#)
- 1/2 cup of [almond flour](#) (50 g/ 1.8 oz)
- 1/2 cup of [coconut flour](#) (60 g/ 2.1 oz)
- 1 tsp dried Italian herbs
- 1 cup Parmesan cheese or any hard cheese of your choice (90 g/ 3.2 oz)
- Salt and pepper to taste
- 1/4 cup [ghee](#) *or* [coconut oil](#) for frying (55 g/ 1.9 oz) - *add more if needed*
- Optional:* dip in some [Marinara Sauce](#)

## Instructions

1. Cut the eggplant widthwise into thin slices (about 1/4 inch / 1/2 cm thick). Season the slices with 1/2 teaspoon of salt and leave to rest for about an hour.
2. Pat dry the excess moisture with a clean kitchen cloth or paper towel. I placed each slice between two pieces of paper towel and squeezed to drain.
3. Crack the egg into a bowl and beat with the cream.
4. Place the grated Parmesan cheese a medium bowl and mix with Italian herbs (I used oregano, basil and thyme). In another bowl, combine the coconut and almond flour.
5. Start by dipping the eggplant slices, one at a time, in the egg, then in grated Parmesan cheese ...
6. ... and then finally in the almond and coconut flour mix. *It's common to end up with some leftover coating, as every batch can vary.*
7. Heat a large pan greased with half of the ghee. Add the eggplant slices in a single layer and fry on each side over a medium-high

heat for 2-3 minutes or until golden brown and crispy. Fry the eggplant in batches and grease the pan as needed. *Make sure the pan is hot before frying the slices. Don't be tempted to turn the slices too soon or the "breading" may fall off.*

8. Place the fried eggplant on a plate and repeat for the remaining slices. Enjoy hot or cold!

## Devialini's Story

I have always been quite sickly with constant chest and blood infections. In fact, in my family it's a standing joke that I have been a guest at every hospital in Kenya! I was diagnosed with PCOS in 2004 and had a great deal of difficulty conceiving. In 2008, my husband and I decided to try IVF and I conceived twins. Sadly, I miscarried at 5 months and 6 months respectively. During that time, I was in and out of hospital with severe bleeding and had to have constant blood transfusions. A very scary time for my family. I also developed gestational diabetes at that time and even after I miscarried, it never went away.

I have been trying to lose weight for the longest time, with my highest weight being at 103 kgs and have tried every diet available under the sun. I decided last year to try it again and was exercising 2-3 hours a day but not getting any significant results. I, finally, decided to do some research and quite by chance came upon Dr. Jason Fung's videos – a treasure trove of information and for the first time, I understood how my body worked and finally things seemed to make sense. I read his entire blog in 4 days and then started my keto journey in late August last year. Have not looked back since. I enlisted our physician, who seemed cautiously optimistic at the time but is now fully converted. At least he didn't send me packing and was open to looking at alternatives to heal my diabetes and metabolic syndrome.

In the first month I lost 8 kgs. I had already lost 5 kgs in the 3 preceding months before I started the LCHF diet. After the first month, my physician reduced my diabetes & cholesterol medication to half and after 3 months, he cut out the diamicron altogether as it was too strong and making me quite dizzy. I am

currently on Galvus Met 1000/50mg twice a day and Rovista 10mg once a day. Then I came across the Diet Doctor website and Martina's blog. They have been an invaluable source of information. I use [Martina's app for Android](#) religiously.

I am now at 77.6 kg, having lost 25.4 kg in 5 months or so and my blood glucose does not go above 6 even when I have cheat days!

That, in itself is amazing. I am due for a check up shortly and we shall see if my metabolic markers have improved. I am hoping that my doctor will take me off all of my medication. The only downside to this is that I now need a new wardrobe!!

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