

Air Fryer Eggplant Parmesan

PREP TIME 15 minutes

COOK TIME 20 minutes

TOTAL TIME 35 minutes

SERVINGS 4

AUTHOR [Holly Nilsson](#)



★★★★★
[4.97 from 58 votes](#)

Air fried until perfectly golden & crispy with melted Mozza & marinara, this Eggplant Parmesan is a healthy & delicious dish!

Ingredients

- 1 large eggplant or two small
- $\frac{2}{3}$ cup seasoned bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon [Italian seasoning](#)
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ cup [all-purpose flour](#)
- 2 large eggs beaten
- 1 cup [marinara sauce](#) plus additional for serving if desired
- 1 cup shredded mozzarella cheese
- thinly sliced fresh basil leaves or chopped fresh parsley for garnish, optional

Instructions

1. Preheat the air fryer to 380°F.
2. Slice eggplant into $\frac{1}{2}$ " slices and dry with a paper towel.
3. Mix bread crumbs, parmesan cheese, Italian seasoning, and garlic powder in a medium bowl.
4. Place flour in another bowl and whisked eggs in another.
5. Dip the eggplant slices in the flour, then the egg, and finally into the bread crumb mixture.
6. Spray each side of the eggplant with cooking spray and place in a single layer in the air fryer basket.
7. Cook for 5 minutes then flip the slices over and cook for another 4-5 minutes.
8. Place marinara sauce and shredded cheese on top and cook for 2-3 minutes or until cheese is melted.
9. Garnish with fresh parsley or basil and serve with additional sauce if desired.

Notes

Store leftovers in the fridge in a covered container for up to 3 days. Reheat in the air fryer or under the broiler until heated through and crispy again.

Nutrition Information

Calories: 276, Carbohydrates: 31g, Protein: 15g, Fat: 11g, Saturated Fat: 5g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 3g, Trans Fat: 1g, Cholesterol: 106mg, Sodium: 807mg, Potassium: 561mg, Fiber: 6g, Sugar: 8g, Vitamin A: 666IU, Vitamin C: 7mg, Calcium: 248mg, Iron: 3mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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