



WHATSheATE



Baked Eggplant and Pasta

READY IN



58 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups eggplant cubed peeled (1 small)
- ☐ 0.8 cup curd cottage cheese 1% low-fat
- ☐ 3 ounces pre-shredded part-skim mozzarella cheese
- ☐ 2 cups pasta sauce low-fat
- ☐ 6 ounces rotini pasta) (corkscrew-shaped uncooked

Equipment

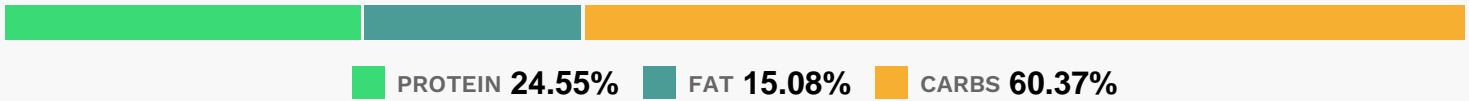
- ☐ baking sheet
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Place eggplant in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 15 minutes or until tender, stirring once.
- ☐ Remove eggplant from oven, and reduce oven temperature to 40
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Spread 1/4 cup pasta sauce in an 11 x 7-inch baking dish coated with cooking spray. (
- ☐ Layer will be thin.) Arrange pasta over sauce. Top with eggplant and spoonfuls of cottage cheese. Spoon remaining pasta sauce over top. Cover loosely with foil, and bake at 400 for 20 minutes. Uncover, sprinkle with mozzarella cheese, and bake an additional 15 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:15.57, Inflammation Score:-7, Nutrition Score:15.620434665162%

Flavonoids

Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.18kcal (14.61%), Fat: 4.97g (7.65%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 39.16g (14.24%), Sugar: 9.78g (10.87%), Cholesterol: 15.3mg (5.1%), Sodium: 888.5mg (38.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.45%), Selenium: 34.73µg (49.62%), Manganese: 0.71mg (35.73%), Phosphorus: 288.35mg (28.84%), Fiber: 5.66g (22.63%), Calcium: 225.58mg (22.56%), Potassium: 700.74mg (20.02%), Copper: 0.35mg (17.37%), Vitamin B2: 0.27mg (15.87%), Magnesium: 59.4mg (14.85%), Vitamin B6: 0.29mg (14.65%), Vitamin E: 2.09mg (13.94%), Vitamin A: 668.93IU (13.38%), Vitamin B3: 2.55mg (12.73%), Vitamin C: 10.38mg (12.58%), Zinc: 1.75mg (11.65%), Iron: 2.02mg (11.24%), Folate: 43.72µg (10.93%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.11mg (7.49%), Vitamin B12: 0.44µg (7.36%), Vitamin K: 6.73µg (6.4%)