



Brown Rice Penne with Eggplant

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce brown rice penne (or ziti)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 cups eggplant cubed (1 small)
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped (1 medium)
- ☐ 6 ounces parmesan cheese divided

- ☐ 26 ounce pasta sauce fat-free organic (such as Muir Glen)
- ☐ 1 teaspoon salt

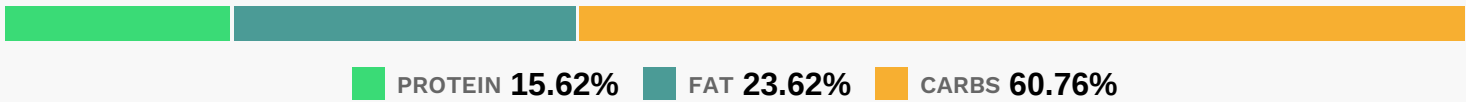
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Heat oil in a large skillet over medium-high heat until hot.
- ☐ Add eggplant and onion; saut 8 minutes or until onion is browned. Stir in garlic; saut 3 minutes.
- ☐ Add salt, pepper, and pasta sauce; bring to a simmer. Reduce heat, and cook 5 minutes.
- ☐ Remove from heat; stir in basil.
- ☐ Toss eggplant mixture with pasta.
- ☐ Sprinkle with 1 cup cheese; toss gently. Top evenly with remaining 1/2 cup cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:26.79, Inflammation Score:-7, Nutrition Score:18.154347665932%

Flavonoids

Delphinidin: 26.35mg, Delphinidin: 26.35mg, Delphinidin: 26.35mg, Delphinidin: 26.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 343.95kcal (17.2%), Fat: 9.13g (14.05%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 48.24g (17.54%), Sugar: 5.4g (6%), Cholesterol: 14.46mg (4.82%), Sodium: 1073mg (46.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 2.35mg (117.72%), Phosphorus: 337.77mg (33.78%), Calcium: 294.93mg (29.49%), Magnesium: 111.58mg (27.9%), Vitamin B6: 0.46mg (23.24%), Vitamin B1: 0.29mg (19.23%), Fiber: 4.63g (18.53%), Vitamin B3: 3.66mg (18.3%), Potassium: 553.53mg (15.82%), Copper: 0.31mg (15.53%), Zinc: 2.04mg (13.6%), Vitamin B5: 1.35mg (13.48%), Vitamin A: 643.86IU (12.88%), Iron: 2.27mg (12.59%), Vitamin E: 1.75mg (11.7%), Vitamin C: 9.14mg (11.08%), Vitamin B2: 0.17mg (10.25%), Vitamin K: 9.39µg (8.94%), Selenium: 5.71µg (8.15%), Folate: 32.42µg (8.1%), Vitamin B12: 0.26µg (4.25%)