



## Bucatini with Eggplant and Roasted Peppers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces bucatini pasta
- ☐ 2 tablespoons capers
- ☐ 1 small eggplant peeled cut into 1/2-inch cubes ( 3/4 pound)
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons oregano fresh minced
- ☐ 6 plum tomatoes seeded chopped

- ☐ 3 ounces romano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 2 large bell peppers yellow

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ colander

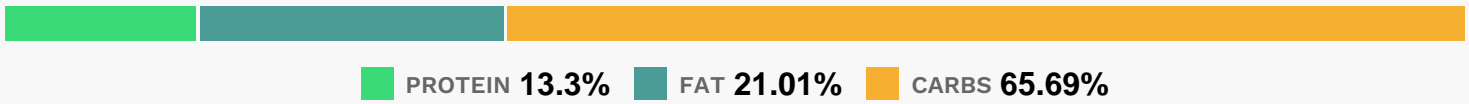
## Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until peppers are blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes. Peel and cut into strips. Reduce oven temperature to 425.
- ☐ Arrange the eggplant cubes in a single layer in a 2-quart baking dish.
- ☐ Pour 1 cup water over the eggplant.
- ☐ Bake at 425 for 35 minutes or until eggplant is tender, adding more water as needed.
- ☐ Heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat.
- ☐ Add oregano, capers, and garlic; saut 1 minute. Stir in eggplant, bell peppers, salt, black pepper, and tomatoes. Cover, reduce heat, and simmer 15 minutes, stirring occasionally.

- ☐
- Cook pasta according to package directions, omitting salt and fat.

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Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:18.55, Inflammation Score:-10, Nutrition Score:19.233043452968%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 329.98kcal (16.5%), Fat: 7.86g (12.09%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 55.25g (18.42%), Net Carbohydrates: 49.01g (17.82%), Sugar: 5.97g (6.63%), Cholesterol: 7.23mg (2.41%), Sodium: 291.47mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.38%), Vitamin C: 124.41mg (150.8%), Selenium: 38.56µg (55.08%), Manganese: 0.95mg (47.71%), Fiber: 6.24g (24.97%), Vitamin K: 21.76µg (20.73%), Phosphorus: 182.03mg (18.2%), Copper: 0.36mg (18.13%), Potassium: 621.78mg (17.77%), Vitamin B6: 0.34mg (16.76%), Magnesium: 62.73mg (15.68%), Vitamin A: 753.67IU (15.07%), Folate: 58.73µg (14.68%), Vitamin B3: 2.5mg (12.48%), Iron: 2.13mg (11.83%), Vitamin E: 1.64mg (10.95%), Calcium: 92.35mg (9.24%), Zinc: 1.37mg (9.11%), Vitamin B1: 0.13mg (8.56%), Vitamin B2: 0.13mg (7.7%), Vitamin B5: 0.67mg (6.72%)