



Dinner Tonight: Bucatini with Eggplant



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons anchovy chopped
- ☐ 2 servings pepper black
- ☐ 0.3 cup capers
- ☐ 0.3 cup wine dry red
- ☐ 1 medium eggplant
- ☐ 4 cloves garlic
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar

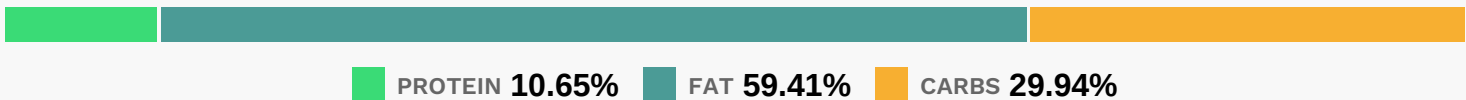
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Place the eggplant in and let it cook for about 45 minutes, or until very, very tender.
- ☐ Remove, slice in half, and then scoop out the innards and shred with a couple forks.
- ☐ Place a large skillet over medium-low heat.
- ☐ Pour in the oil, and when warm, add the garlic. Cook for a few minutes until soft, but not browned.
- ☐ Turn the heat to medium, and add the eggplant, anchovies, and capers to the skillet. Stir until warmed. Then pour in the red wine and red wine vinegar. Cook until the liquid has thickened into a sauce.
- ☐ Meanwhile, bring a large pot of water to a boil. Cook the bucatini according to the directions on the box.
- ☐ Drain, and then add it to the skillet with the sauce. Stir until coated, and then serve. Season with black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:12.039130330086%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 197.48mg, Delphinidin: 197.48mg, Delphinidin: 197.48mg, Delphinidin: 197.48mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg

Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 28.75mg, Kaempferol: 28.75mg, Kaempferol: 28.75mg, Kaempferol: 28.75mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 38.12mg, Quercetin: 38.12mg, Quercetin: 38.12mg, Quercetin: 38.12mg

Nutrients (% of daily need)

Calories: 242.35kcal (12.12%), Fat: 15.35g (23.61%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 9.68g (3.52%), Sugar: 8.23g (9.15%), Cholesterol: 8.87mg (2.96%), Sodium: 628.2mg (27.31%), Alcohol: 3.15g (100%), Alcohol %: 1.21% (100%), Protein: 6.19g (12.38%), Manganese: 0.68mg (33.93%), Fiber: 7.72g (30.89%), Vitamin K: 22.1µg (21.05%), Vitamin E: 2.99mg (19.9%), Vitamin B3: 3.75mg (18.73%), Potassium: 621.17mg (17.75%), Copper: 0.32mg (15.96%), Vitamin B6: 0.29mg (14.66%), Folate: 56.94µg (14.23%), Magnesium: 47.61mg (11.9%), Selenium: 7.2µg (10.29%), Vitamin C: 7.93mg (9.61%), Vitamin B2: 0.16mg (9.4%), Phosphorus: 93.41mg (9.34%), Iron: 1.63mg (9.06%), Vitamin B5: 0.78mg (7.82%), Vitamin B1: 0.11mg (7.57%), Calcium: 63.44mg (6.34%), Zinc: 0.77mg (5.11%), Vitamin A: 91.34IU (1.83%), Vitamin B12: 0.09µg (1.53%)