



 **35%**  
HEALTH SCORE

## Eggplant and Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



898 kcal

SAUCE

### Ingredients

- 1 eggplant peeled cut into chunks
- 28 oz canned tomatoes crushed canned
- 1 onion red sliced
- 3 large cloves garlic chopped
- 1 pint grape tomatoes halved
- 1 tablespoon juice of lemon
- 2 tsp salt
- 1 tsp pepper black
- 0.3 tsp bell pepper red

- 1 tsp oregano dried
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 0.3 cup red wine
- 1 lb .5 oz. macaroni
- 1 lb .5 oz. macaroni
- 6 servings pecorino cheese fresh grated
- 6 servings olive oil

## Equipment

- bowl
- frying pan

## Directions

- Place the cut eggplant, chopped garlic, sliced onion and halved tomatoes in a bowl.
- Add 2 tablespoons of olive oil, lemon juice, 1 tsp. of salt and tsp. of ground black pepper and toss.
- Heat a large frying pan with 2 tablespoons of olive oil add the eggplant mix to the frying pan. Saut until the eggplant is softened.
- Add the crushed tomatoes, red pepper flakes, dried oregano, tsp. ground black pepper and 1 tsp. salt and continue to simmer on low.
- Add the wine and simmer on low for about 30-35 minutes. The longer it cooks the better.
- Prepare the macaroni as directed.
- Drizzle a little olive oil at the bottom of a large bowl.
- Add a few dashes of red pepper flakes, dashes of dried oregano, grated Romano cheese and some fresh basil.
- Add the cooked macaroni and toss.
- Add the eggplant sauce and toss again; finish with more grated cheese.

## Nutrition Facts



■ PROTEIN 14.88% ■ FAT 25.2% ■ CARBS 59.92%

## Properties

Glycemic Index:69, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:34.163913043478%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 65.61mg, Delphinidin: 65.61mg, Delphinidin: 65.61mg, Delphinidin: 65.61mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Taste

Sweetness: 88.29%, Saltiness: 80.56%, Sourness: 100%, Bitterness: 60.17%, Savoriness: 78.5%, Fattiness: 74.74%, Spiciness: 61.61%

## Nutrients (% of daily need)

Calories: 897.64kcal (44.88%), Fat: 25.11g (38.63%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 134.37g (44.79%), Net Carbohydrates: 123.15g (44.78%), Sugar: 15.8g (17.55%), Cholesterol: 31.2mg (10.4%), Sodium: 1326.34mg (57.67%), Alcohol: 1.06g (5.89%), Protein: 33.37g (66.74%), Selenium: 101.3µg (144.72%), Manganese: 2.07mg (103.47%), Phosphorus: 606.72mg (60.67%), Fiber: 11.22g (44.88%), Calcium: 432.55mg (43.26%), Vitamin K: 44.31µg (42.2%), Copper: 0.83mg (41.6%), Magnesium: 145.8mg (36.45%), Vitamin C: 28.44mg (34.47%), Potassium: 1181.11mg (33.75%), Vitamin B6: 0.62mg (31.21%), Vitamin E: 4.66mg (31.08%), Iron: 4.77mg (26.51%), Vitamin B3: 5.29mg (26.43%), Vitamin A: 1308.63IU (26.17%), Zinc: 3.63mg (24.2%), Vitamin B1: 0.32mg (21.35%), Folate: 82.85µg (20.71%), Vitamin B2: 0.33mg (19.37%), Vitamin B5: 1.49mg (14.86%), Vitamin B12: 0.34µg (5.6%)