



 **60%**
HEALTH SCORE

Eggplant Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons capers
- 2 celery stalks sliced
- 1 eggplant cut into 1/2-inch pieces
- 1 cup parsley fresh chopped
- 1 pint grape tomatoes halved
- 6 servings salt and pepper
- 3 tablespoons olive oil
- 1 pound penne pasta dried

- 1 tablespoon sugar
- 0.3 cup tomato paste
- 0.3 cup citrus champagne vinegar

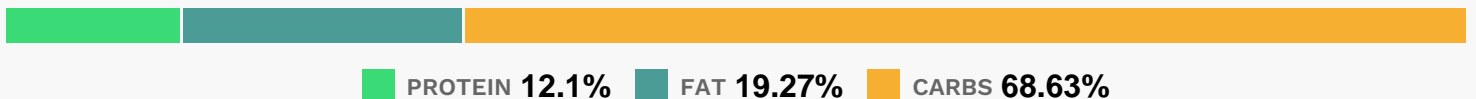
Equipment

- bowl
- sauce pan

Directions

- Heat 2 tablespoons of the oil in a large saucepan over medium–high heat.
- Add the celery and cook, 3 minutes. Stir in the eggplant and tomatoes. In a small bowl, combine the tomato paste, vinegar, 1/4 cup water, 2 1/2 teaspoons salt, 1/4 teaspoon pepper, and the sugar. Stir into the eggplant. Cover and reduce heat to medium–low. Cook, stirring occasionally, until the eggplant is tender, 15 to 20 minutes.
- Remove from heat and stir in the capers, pine nuts (if using), and parsley. Meanwhile, cook the penne according to the package directions. Toss with the remaining oil, let cool, and cover.
- Combine the eggplant with the pasta before serving.

Nutrition Facts



Properties

Glycemic Index:48.18, Glycemic Load:26.39, Inflammation Score:-9, Nutrition Score:21.802608552186%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 21.59mg, Apigenin: 21.59mg, Apigenin: 21.59mg, Apigenin: 21.59mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 398.57kcal (19.93%), Fat: 8.6g (13.23%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 68.89g (22.96%), Net Carbohydrates: 62.35g (22.67%), Sugar: 10.23g (11.36%), Cholesterol: 0mg (0%), Sodium: 371.5mg (16.15%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.29%), Vitamin K: 179.48µg (170.94%), Selenium: 48.65µg (69.49%), Manganese: 1.02mg (50.89%), Vitamin C: 28.38mg (34.4%), Vitamin A: 1693.03IU (33.86%), Fiber: 6.54g (26.16%), Potassium: 704.96mg (20.14%), Copper: 0.39mg (19.67%), Phosphorus: 196.37mg (19.64%), Magnesium: 70.44mg (17.61%), Vitamin E: 2.32mg (15.45%), Folate: 59.83µg (14.96%), Vitamin B3: 2.74mg (13.69%), Iron: 2.45mg (13.61%), Vitamin B6: 0.27mg (13.44%), Zinc: 1.51mg (10.08%), Vitamin B1: 0.14mg (9.53%), Vitamin B2: 0.12mg (7.06%), Vitamin B5: 0.67mg (6.7%), Calcium: 50.77mg (5.08%)