



## Eggplant Pasta with Mozzarella

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 Tbsp heinz balsamic vinegar
- 0.8 lb eggplant cut into 1/2-inch pieces
- 3 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 8 oz mozzarella cheese cut into 1/2-inch cubes kraft
- 0.3 cup olive oil
- 1 onion chopped
- 0.3 tsp pepper

- 5 plum tomatoes chopped
- 0.5 lb pasta like spaghetti uncooked
- 1.5 cups zucchini sliced

## Equipment

- bowl
- frying pan

## Directions

- Cook spaghetti as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add eggplant, onions and garlic; cook and stir 10 min. Stir in tomatoes, zucchini, vinegar and pepper; cook 10 min. or until vegetables are tender and sauce is thickened, stirring occasionally.
- Drain spaghetti; place in large bowl.
- Add sauce, cheese and basil; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:9.02, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:2.2786956312864%

## Flavonoids

Delphinidin: 7.29mg, Delphinidin: 7.29mg, Delphinidin: 7.29mg, Delphinidin: 7.29mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 56.11kcal (2.81%), Fat: 2.76g (4.24%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.06g (1.84%), Sugar: 1.01g (1.12%), Cholesterol: 4.48mg (1.49%), Sodium: 37.1mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Selenium: 4.62µg (6.6%), Manganese: 0.1mg (5.2%), Vitamin

K: 4.05µg (3.86%), Phosphorus: 37.84mg (3.78%), Calcium: 34.03mg (3.4%), Vitamin C: 2.42mg (2.93%), Vitamin A: 139.2IU (2.78%), Fiber: 0.64g (2.55%), Vitamin B12: 0.13µg (2.15%), Potassium: 73.57mg (2.1%), Zinc: 0.3mg (1.99%), Vitamin E: 0.29mg (1.93%), Magnesium: 7.7mg (1.93%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.75%), Copper: 0.03mg (1.73%), Folate: 6.42µg (1.6%), Vitamin B3: 0.23mg (1.17%), Vitamin B1: 0.02mg (1.12%), Iron: 0.19mg (1.06%)