



Eggplant Penne



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup tablespoon basil dried fresh chopped
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 5 cups penne pasta hot tube-shaped cooked uncooked (10 ounces pasta)
- ☐ 4.5 cups eggplant cubed () (12 ounces)
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped

- ☐ 3 tablespoons olive oil divided
- ☐ 1.5 cups onion finely chopped
- ☐ 0.3 cup tablespoon parsley dried fresh chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 cup rose syrah wine dry red
- ☐ 2 tablespoons teaspoons thyme dried fresh chopped

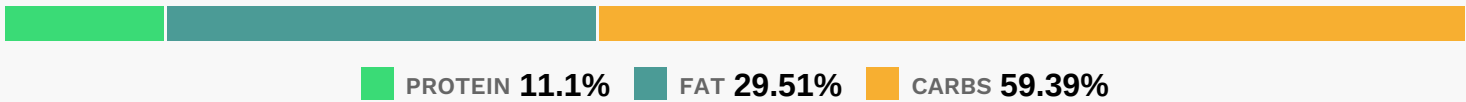
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place eggplant in a large bowl; drizzle with 2 tablespoons oil, tossing well to coat. Arrange eggplant in a single layer on a baking sheet; bake at 425 for 15 minutes, stirring once.
- ☐ Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes (do not brown).
- ☐ Add 1/2 teaspoon salt and garlic, saut 1 minute. Stir in wine, tomatoes, and bay leaf; bring to a boil. Reduce heat to medium, and cook 20 minutes, stirring occasionally. Stir in eggplant, the remaining 1/4 teaspoon salt, olives, basil, parsley, thyme, and pepper; cook 2 minutes.
- ☐ Serve over hot cooked pasta.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:17.15, Inflammation Score:-10, Nutrition Score:19.957391324251%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 65.25mg, Delphinidin: 65.25mg, Delphinidin: 65.25mg, Delphinidin: 65.25mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 352.92kcal (17.65%), Fat: 10.94g (16.83%), Saturated Fat: 1.58g (9.84%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 41.15g (14.96%), Sugar: 12.18g (13.53%), Cholesterol: 0mg (0%), Sodium: 670.3mg (29.14%), Alcohol: 5.04g (100%), Alcohol %: 1.46% (100%), Protein: 9.26g (18.52%), Vitamin K: 70.7µg (67.34%), Manganese: 0.9mg (44.97%), Vitamin C: 28.85mg (34.97%), Selenium: 24.1µg (34.43%), Fiber: 8.37g (33.46%), Vitamin E: 3.77mg (25.12%), Copper: 0.49mg (24.6%), Iron: 4.26mg (23.65%), Potassium: 788.09mg (22.52%), Vitamin B6: 0.43mg (21.56%), Magnesium: 70.18mg (17.54%), Vitamin A: 836.73IU (16.73%), Folate: 58.87µg (14.72%), Vitamin B3: 2.94mg (14.71%), Phosphorus: 139.4mg (13.94%), Vitamin B1: 0.2mg (13.01%), Calcium: 101.81mg (10.18%), Vitamin B2: 0.16mg (9.35%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.17mg (7.83%)