



Eggplant Zucchini Bolognese

READY IN



50 min.

SERVINGS



8

CALORIES



438 kcal

SAUCE

Ingredients

- 16 ounces penne pasta
- 1 small eggplant peeled cut into 1-inch pieces
- 1 medium zucchini cut into 1/4-inch slices
- 1 medium to 3 sized squashes yellow cut into 1/4-inch slices
- 1 cup onion chopped
- 2 tablespoons olive oil
- 2 teaspoons garlic minced
- 1 teaspoon salt
- 0.5 teaspoon pepper

- 1 pound ground beef 90% lean ()
- 28 ounces canned tomatoes canned
- 1 tablespoon seasoning italian
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 8 teaspoons parmesan cheese grated

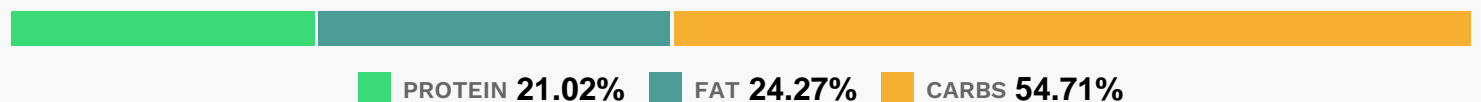
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Cook pasta according to package directions.
- In a large bowl, combine the eggplant, zucchini, squash, onion, oil, garlic, salt and pepper.
- Transfer to two 15x10x1-in. baking pans coated with cooking spray.
- Bake at 425° for 20–25 minutes or until tender.
- Meanwhile, in a large skillet, cook and crumble beef over medium heat until no longer pink; drain. Stir in the tomato puree, Italian seasoning and brown sugar.
- Drain pasta; stir in tomato mixture and roasted vegetables.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:20.31, Inflammation Score:-7, Nutrition Score:22.360000239766%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 438.47kcal (21.92%), Fat: 11.96g (18.41%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 60.7g (20.23%), Net Carbohydrates: 54.12g (19.68%), Sugar: 12.85g (14.27%), Cholesterol: 41.14mg (13.71%), Sodium: 554.35mg (24.1%), Alcohol: 0g (100%), Protein: 23.31g (46.63%), Selenium: 48.11µg (68.73%), Manganese: 1.02mg (50.93%), Phosphorus: 315.04mg (31.5%), Vitamin B6: 0.63mg (31.27%), Zinc: 4.3mg (28.67%), Vitamin B3: 5.72mg (28.6%), Fiber: 6.58g (26.34%), Potassium: 913.3mg (26.09%), Vitamin C: 20.67mg (25.05%), Copper: 0.48mg (23.87%), Iron: 3.97mg (22.04%), Vitamin B12: 1.32µg (21.99%), Magnesium: 83.92mg (20.98%), Vitamin B2: 0.28mg (16.46%), Vitamin E: 2.36mg (15.76%), Vitamin K: 15.94µg (15.18%), Folate: 57.74µg (14.43%), Vitamin B1: 0.21mg (13.84%), Calcium: 127.96mg (12.8%), Vitamin B5: 1.16mg (11.63%), Vitamin A: 378.92IU (7.58%)