



Eggplant Zuppa

READY IN



35 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 1 can canned tomatoes crushed
- ☐ 8 cups chicken broth
- ☐ 1 cup elbow macaroni cooked
- ☐ 2 cups eggplant diced
- ☐ 1 tablespoon basil leaves fresh
- ☐ 1 tablespoon parsley leaves fresh
- ☐ 2 tablespoons garlic chopped
- ☐ 6 cloves garlic chopped
- ☐ 1 cup mozzarella cheese fresh diced

- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup pancetta chopped
- ☐ 1 small parmesan rind
- ☐ 5 pieces pancetta chopped
- ☐ 1 pinch pepper flakes red
- ☐ 1 onion yellow chopped

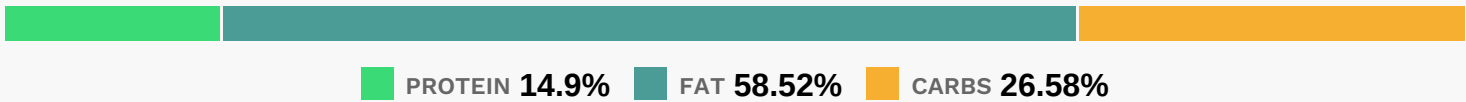
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ For the pesto: In a food processor, combine the garlic, basil, parsley, olive oil and pepper flakes. Puree until smooth.
- ☐ For the zuppa: In a large saucepan, heat the olive oil and saute the pancetta and onions for 5 minutes.
- ☐ Add the garlic and tomatoes, stir well and cook for 10 minutes.
- ☐ Add the broth, prosciutto and cheese rind and simmer for 10 minutes.
- ☐ Remove from the heat and add the eggplant, pasta and mozzarella.
- ☐ Ladle into bowls, top with the pesto and serve warm.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:6.0021739679834%

Flavonoids

Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 142.04kcal (7.1%), Fat: 9.48g (14.58%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.18g (2.98%), Sugar: 3.25g (3.61%), Cholesterol: 14.09mg (4.7%), Sodium: 722.07mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Manganese: 0.27mg (13.46%), Vitamin K: 11.57µg (11.02%), Selenium: 7.08µg (10.11%), Vitamin B2: 0.15mg (9.1%), Vitamin E: 1.26mg (8.42%), Calcium: 75.44mg (7.54%), Phosphorus: 75.45mg (7.54%), Vitamin B6: 0.13mg (6.67%), Vitamin C: 5.49mg (6.65%), Copper: 0.13mg (6.28%), Vitamin B1: 0.09mg (6.27%), Potassium: 210.18mg (6.01%), Fiber: 1.5g (6.01%), Vitamin B3: 1.16mg (5.81%), Iron: 0.83mg (4.61%), Vitamin B12: 0.27µg (4.54%), Zinc: 0.68mg (4.51%), Magnesium: 16.86mg (4.22%), Vitamin A: 184.77IU (3.7%), Folate: 11.38µg (2.85%), Vitamin B5: 0.23mg (2.34%)