



Fusilli with Eggplant, Pine Nuts, Currants, and Capers

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup capers drained
- ☐ 0.8 cup currants dried
- ☐ 32 ounce eggplant
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 pound rotini pasta
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped

- ☐ 1 cup pecorino cheese freshly grated
- ☐ 0.8 cup pinenuts toasted
- ☐ 28.5 ounce tomatoes diced canned

Equipment

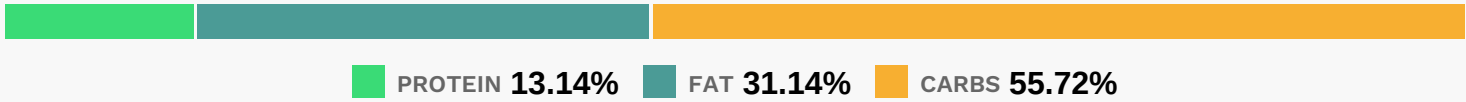
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ pot

Directions

- ☐ Place eggplant slices on large rimmed baking sheet.
- ☐ Sprinkle with salt.
- ☐ Let stand over 20 minutes. Turn eggplant slices over.
- ☐ Sprinkle with salt.
- ☐ Let stand 20 minutes longer. Rinse eggplant.
- ☐ Drain; pat fry with paper towels.
- ☐ Cut eggplant into 1/2-inch cubes. Set aside.
- ☐ Heat olive oil in heavy large skillet over medium-high heat.
- ☐ Add onion and sauté until golden, about 4 minutes.
- ☐ Add garlic; sauté 1 minute.
- ☐ Add eggplant; sauté until tender, about 10 minutes. Stir in pine nuts, currants, and capers; sauté 1 minute.
- ☐ Add tomatoes with juices; bring to simmer. Season to taste with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but firm enough to bite.
- ☐ Drain. Return pasta to pot.
- ☐ Add eggplant mixture, 1/4 cup cheese, and basil. Toss to combine.

- ☐ Transfer to large bowl.
- ☐ Serve, passing remaining cheese separately.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:21.01, Inflammation Score:-7, Nutrition Score:22.366956541072%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.24mg, Quercetin: 22.24mg, Quercetin: 22.24mg, Quercetin: 22.24mg

Nutrients (% of daily need)

Calories: 470.11kcal (23.51%), Fat: 16.87g (25.95%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 67.91g (22.64%), Net Carbohydrates: 59.98g (21.81%), Sugar: 17.52g (19.47%), Cholesterol: 13mg (4.33%), Sodium: 609.95mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.03%), Manganese: 2.11mg (105.46%), Selenium: 38.69µg (55.27%), Phosphorus: 342.92mg (34.29%), Fiber: 7.93g (31.71%), Copper: 0.59mg (29.65%), Magnesium: 105.11mg (26.28%), Vitamin K: 25.6µg (24.38%), Potassium: 802.12mg (22.92%), Calcium: 213.27mg (21.33%), Vitamin E: 2.93mg (19.53%), Vitamin B6: 0.39mg (19.51%), Iron: 3.33mg (18.51%), Vitamin C: 14.85mg (18%), Vitamin B3: 3.31mg (16.57%), Zinc: 2.4mg (15.99%), Vitamin B1: 0.22mg (14.99%), Vitamin B2: 0.25mg (14.55%), Folate: 55.95µg (13.99%), Vitamin B5: 0.81mg (8.13%), Vitamin A: 304.27IU (6.09%), Vitamin B12: 0.14µg (2.33%)