



Grilled Italian Vegetables with Pasta

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 6 cups penne pasta hot tube-shaped cooked uncooked (12 ounces pasta)
- ☐ 1.3 pound eggplant cut into 1/2-inch-thick slices
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 4 cups green onions sliced (3-inch) (2 bunches)
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 4 plum tomatoes halved

- ☐ 1 bell pepper red seeded quartered
- ☐ 1 teaspoon salt divided
- ☐ 0.8 pound zucchini 1-inch-thick quartered cut into slices

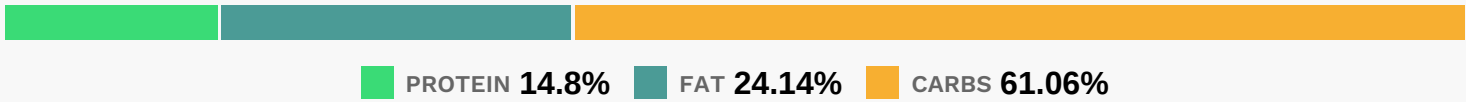
Equipment

- ☐ bowl
- ☐ grill
- ☐ colander

Directions

- ☐ Place eggplant in a colander; sprinkle with 3/4 teaspoon salt. Toss gently to coat. Cover and let stand 30 minutes. Rinse eggplant with cold water, and drain well.
- ☐ Prepare grill.
- ☐ Place eggplant, zucchini, and bell pepper on grill rack coated with cooking spray. Grill 10 minutes, turning once.
- ☐ Add tomatoes and onions; cook 5 minutes, turning often.
- ☐ Remove the vegetables from grill; cut all into 1-inch pieces except tomato.
- ☐ Cut tomato halves in half lengthwise.
- ☐ Combine 1/4 teaspoon salt, oil, rind, and basil in a large bowl.
- ☐ Add vegetable mixture, pasta, and cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:14.71, Inflammation Score:-9, Nutrition Score:22.370434868595%

Flavonoids

Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 262.2kcal (13.11%), Fat: 7.31g (11.25%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 33.9g (12.33%), Sugar: 8.79g (9.76%), Cholesterol: 3.21mg (1.07%), Sodium: 484.31mg (21.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin K: 159.17µg (151.59%), Vitamin C: 57.46mg (69.65%), Manganese: 0.79mg (39.71%), Vitamin A: 1907.99IU (38.16%), Selenium: 24.33µg (34.76%), Fiber: 7.72g (30.86%), Folate: 100.16µg (25.04%), Potassium: 737.57mg (21.07%), Vitamin B6: 0.35mg (17.7%), Phosphorus: 167.3mg (16.73%), Iron: 2.84mg (15.77%), Magnesium: 62.51mg (15.63%), Copper: 0.29mg (14.26%), Calcium: 138.16mg (13.82%), Vitamin E: 2.01mg (13.38%), Vitamin B2: 0.2mg (11.84%), Vitamin B3: 2.03mg (10.17%), Vitamin B1: 0.15mg (9.68%), Zinc: 1.3mg (8.64%), Vitamin B5: 0.65mg (6.55%)