



Grilled Summer Vegetable Pasta

READY IN



35 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz pasta uncooked
- 4 medium tomatoes chopped
- 0.3 cup basil fresh coarsely chopped
- 6 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 2 cloves garlic finely chopped
- 0.5 eggplant cut into 1/2-inch slices
- 1 medium bell pepper red quartered

- 1 medium to 3 sized squashes yellow cut in half lengthwise
- 1 medium onion cut into 1/2-inch slices
- 4 oz goat cheese crumbled (goat)
- 0.3 cup parmesan fresh shredded

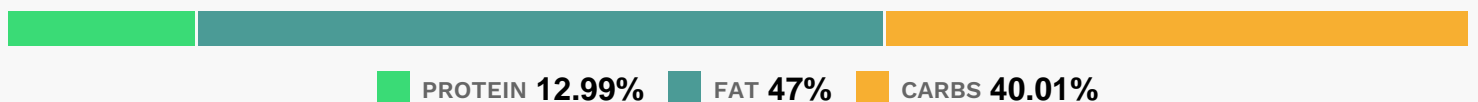
Equipment

- bowl
- frying pan
- sauce pan
- grill
- dutch oven

Directions

- Heat gas or charcoal grill. In Dutch oven or 4-quart saucepan, cook linguine to desired doneness as directed on package.
- Meanwhile, in large bowl, mix tomatoes, basil, 4 tablespoons of the oil, the salt and pepper; set aside.
- In small bowl, mix remaining 2 tablespoons oil and the garlic. In ungreased 15x10x1-inch pan, place eggplant, bell pepper, summer squash and onion.
- Brush with oil-garlic mixture.
- Place eggplant, bell pepper, summer squash and onion pieces directly on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning frequently, until vegetables are crisp-tender.
- Coarsely chop vegetables; add to tomato mixture.
- Add chèvre; mix gently.
- Drain linguine; place on serving platter. Top with vegetable mixture and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:13.54, Inflammation Score:-9, Nutrition Score:17.385652166346%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 376.16kcal (18.81%), Fat: 19.98g (30.73%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 33.77g (12.28%), Sugar: 7.07g (7.85%), Cholesterol: 12.47mg (4.16%), Sodium: 361.89mg (15.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin C: 44.92mg (54.45%), Vitamin K: 41.01µg (39.06%), Selenium: 26.11µg (37.3%), Manganese: 0.69mg (34.74%), Vitamin A: 1688.02IU (33.76%), Phosphorus: 212.51mg (21.25%), Vitamin B6: 0.37mg (18.46%), Copper: 0.37mg (18.26%), Fiber: 4.49g (17.96%), Potassium: 539.35mg (15.41%), Vitamin E: 2.13mg (14.17%), Folate: 53.19µg (13.3%), Magnesium: 50.88mg (12.72%), Calcium: 126.97mg (12.7%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 1.87mg (9.34%), Vitamin B1: 0.13mg (8.8%), Iron: 1.52mg (8.42%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.1µg (1.71%)