



## Involtine di Melanzane con Capelli d'Angelo

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



329 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 pound angel hair pasta
- ☐ 12 basil leaves fresh shredded
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons caciocavallo cheese
- ☐ 3 eggplants
- ☐ 1 clove garlic
- ☐ 2 cups olive oil
- ☐ 3 tablespoons parmesan freshly grated

- ☐ 1 pinch sea salt and pepper black freshly ground
- ☐ 1 cup tomato sauce

## Equipment

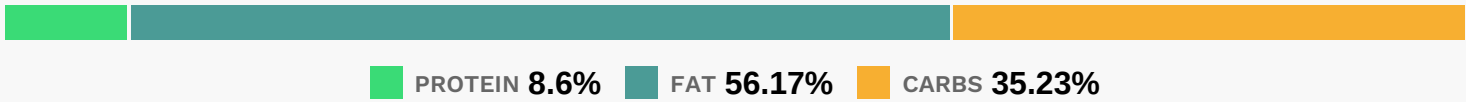
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ grill
- ☐ peeler

## Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut off the bottoms and stems of the eggplants. Peel them using a vegetable peeler and slice them into 1/2-inch slices.
- ☐ In a heavy bottomed pan heat some olive oil and fry the eggplant slices for about 4 to 5 minutes (if you prefer a healthier version of the dish, you can grill the eggplants).
- ☐ Place the cooked slices on some paper towels to drain any excess oil.
- ☐ In a large bowl combine the butter, freshly grated Parmesan, and salt, to taste.
- ☐ Add the roughly shredded fresh basil leaves.
- ☐ Place the angel hair pasta or spaghetti into a pan of boiling water, bring back to the boil and cook until al dente.
- ☐ Drain.
- ☐ Add the cooked pasta into the big bowl with the butter mixture and combine.
- ☐ Take a small portion of the pasta and place it on top of an eggplant slice.
- ☐ Roll the eggplant around the pasta and place it in an oven-proof dish. Repeat this process with all the eggplants slices.
- ☐ Pour some pureed tomato sauce, or passata, over the eggplant rolls.
- ☐ Place slices of cacioavallo on the top. Finally cover the dish with more freshly grated Parmesan.

Place the dish in oven for around 20 minutes, or until sauce is bubbly.

# Nutrition Facts



## Properties

Glycemic Index:58.83, Glycemic Load:8.46, Inflammation Score:-7, Nutrition Score:13.430000088785%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 329.09kcal (16.45%), Fat: 21.36g (32.86%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 22.03g (8.01%), Sugar: 10.09g (11.21%), Cholesterol: 16.73mg (5.58%), Sodium: 302.43mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.71%), Manganese: 0.77mg (38.45%), Fiber: 8.11g (32.46%), Vitamin E: 3.53mg (23.52%), Selenium: 14.98µg (21.39%), Vitamin K: 21.69µg (20.66%), Potassium: 699.83mg (20%), Folate: 59.38µg (14.85%), Copper: 0.29mg (14.72%), Phosphorus: 144.31mg (14.43%), Vitamin B6: 0.27mg (13.63%), Magnesium: 51.41mg (12.85%), Vitamin B3: 2.23mg (11.17%), Vitamin C: 8.2mg (9.93%), Calcium: 98.9mg (9.89%), Vitamin B2: 0.16mg (9.16%), Vitamin A: 458.06IU (9.16%), Vitamin B5: 0.89mg (8.93%), Vitamin B1: 0.12mg (8%), Iron: 1.31mg (7.28%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.09µg (1.52%)