



Lamb-and-Caponata Pasta Toss

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup teaspoons basil dried fresh chopped
- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces eggplant diced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 pound ground round lean
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounces ziti tube-shaped uncooked (short pasta)

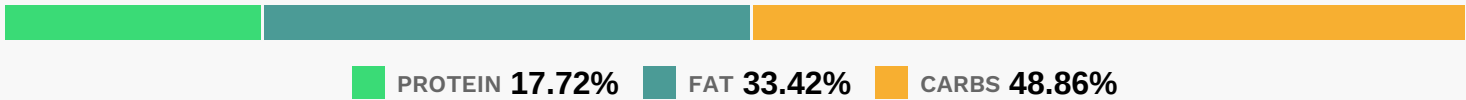
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add lamb; cook until browned, stirring to crumble.
- ☐ Remove the lamb from pan.
- ☐ Add oil, eggplant, onion, and garlic to pan; saut for 8 minutes.
- ☐ Add vinegar, red pepper, and tomatoes, and bring to a boil. Cover, reduce heat, and simmer 10 minutes. Return lamb to pan; cook 2 minutes or until thoroughly heated.
- ☐ Drain pasta; place in a large bowl.
- ☐ Add lamb mixture and basil, and toss well.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:12.64, Inflammation Score:-5, Nutrition Score:11.83695644205%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 323.99kcal (16.2%), Fat: 12.2g (18.77%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 35.87g (13.04%), Sugar: 7.17g (7.96%), Cholesterol: 31.22mg (10.41%), Sodium: 304.46mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.11%), Selenium: 26.04µg (37.19%), Manganese: 0.63mg (31.38%), Vitamin C: 16.35mg (19.82%), Fiber: 4.25g (17.02%), Vitamin B6: 0.3mg (15.05%), Iron: 2.63mg (14.6%), Phosphorus: 145.07mg (14.51%), Potassium: 490.66mg (14.02%), Copper: 0.26mg (12.89%), Magnesium: 46.11mg (11.53%), Vitamin K: 11.19µg (10.66%), Calcium: 106.59mg (10.66%), Vitamin E: 1.49mg (9.94%), Vitamin B3: 1.93mg (9.65%), Vitamin B1: 0.13mg (8.56%), Vitamin B2: 0.14mg (8.08%), Folate: 32.16µg (8.04%), Zinc: 1.05mg (6.99%), Vitamin A: 283.22IU (5.66%), Vitamin B5: 0.49mg (4.92%)