



Macaroni and Eggplant

 Gluten Free

READY IN



300 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz roma tomatoes whole italian finely chopped canned
- ☐ 2 tablespoons sea salt (preferably Sicilian)
- ☐ 3 lb eggplant trimmed (not Asian)
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic clove finely chopped
- ☐ 2.3 cups olive oil
- ☐ 1 medium onion finely chopped
- ☐ 10 servings pecorino cheese finely grated

- ☐ 0.8 lb frangelico (long tubular pasta)
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Equipment

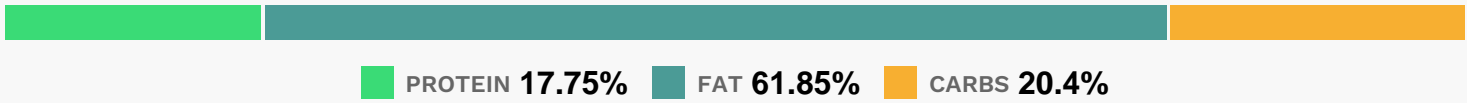
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs
- ☐ colander
- ☐ serrated knife

Directions

- ☐ Cut eggplants lengthwise into 20 (1/4-inch-thick) slices total with a long serrated knife and transfer to a colander. Toss with 2 tablespoons sea salt, then let drain 1 hour.
- ☐ While eggplant drains, heat 2 tablespoons oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion and garlic, stirring, until golden, about 6 minutes.
- ☐ Add tomatoes with their juice and remaining 1/2 teaspoon sea salt, then reduce heat and simmer, uncovered, stirring occasionally, until thickened, 20 to 25 minutes. Stir in basil.
- ☐ Gently squeeze eggplant to remove excess moisture (this helps reduce any bitter flavor) and pat dry.
- ☐ Heat 1/4 inch oil (about 2 cups) in a 12-inch heavy skillet over moderately high heat until it registers 360°F on thermometer, then fry eggplant in 4 batches, turning over once with tongs, until golden, about 4 minutes per batch.
- ☐ Transfer with tongs to paper towels to drain.
- ☐ Cook pasta in a large pot of boiling salted water until al dente, then drain in colander and rinse under cold water to stop cooking.

- ☐ Drain well and toss pasta with 1 tablespoon oil.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Spread 1/2 cup tomato sauce in bottom of a 13- by 9-inch glass or ceramic baking dish.
- ☐ Line up 5 pasta strands parallel to one another on a work surface and cut crosswise into thirds. Put 1 fried eggplant slice on work surface and stack cut pasta (15 pieces) across 1 end of slice.
- ☐ Roll up eggplant, leaving ends of pasta exposed, and transfer to baking dish, seam side down. Make more rolls in same manner with remaining eggplant and pasta, transferring to dish (rolls will fit snugly). Spoon remaining sauce over eggplant, then cover dish loosely with foil.
- ☐ Bake until rolls are heated through, about 15 minutes.
- ☐ •Tomato sauce, without basil, can be made 2 days ahead and cooled, uncovered, then chilled, covered. Stir in basil before proceeding. •To take the temperature of a shallow amount of oil, put bulb in skillet and turn thermometer facedown, resting other end against rim of skillet. Check temperature frequently. •Dish can be assembled (but not baked) 1 day ahead and chilled, covered (basil may discolor). Bring to room temperature to bake.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:12.656087025352%

Flavonoids

Delphinidin: 116.61mg, Delphinidin: 116.61mg, Delphinidin: 116.61mg, Delphinidin: 116.61mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 256.21kcal (12.81%), Fat: 18.23g (28.04%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 8.27g (3.01%), Sugar: 7.59g (8.43%), Cholesterol: 31.2mg (10.4%), Sodium: 1762.79mg (76.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Calcium: 345.57mg (34.56%), Phosphorus: 284.61mg (28.46%), Manganese: 0.45mg (22.6%), Fiber: 5.25g (21%), Vitamin K: 20.09µg (19.14%), Vitamin C: 15.07mg (18.27%), Vitamin A: 848.97IU (16.98%), Potassium: 547.37mg (15.64%), Vitamin E: 2.31mg (15.42%), Folate:

46.47µg (11.62%), Vitamin B6: 0.23mg (11.43%), Vitamin B2: 0.18mg (10.64%), Magnesium: 41.83mg (10.46%),
Copper: 0.18mg (8.82%), Zinc: 1.16mg (7.76%), Selenium: 4.95µg (7.07%), Vitamin B3: 1.4mg (7.01%), Vitamin B1:
0.1mg (6.71%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.34µg (5.6%), Iron: 0.88mg (4.9%)