



## Mostaccioli with Eggplant Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 tablespoon basil fresh shredded
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 cup eggplant cubed peeled
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 cup no-salt-added chicken broth undiluted canned
- ☐ 2 ounces mostaccioli pasta uncooked thin
- ☐ 2 tablespoons onion chopped

- ☐ 0.1 teaspoon pepper
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup tomatoes peeled seeded chopped
- ☐ 0.3 cup no-salt-added tomato sauce

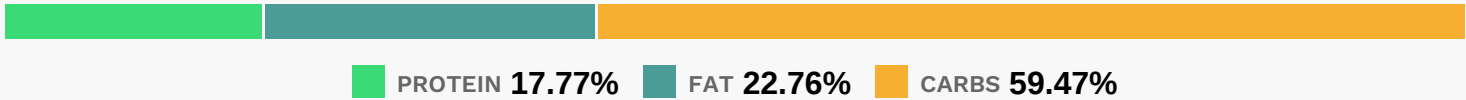
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine first 3 ingredients in a small bowl; set aside.
- ☐ Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and garlic; saute 2 minutes or until tender.
- ☐ Add eggplant and next 6 ingredients; cook, uncovered, over medium heat 10 minutes, stirring frequently.
- ☐ Remove from heat, and keep warm.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place pasta in a serving bowl.
- ☐ Add eggplant mixture and cheese mixture; toss gently.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:170.5, Glycemic Load:10.4, Inflammation Score:-6, Nutrition Score:11.01260875619%

## Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 197.63kcal (9.88%), Fat: 5.09g (7.83%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 26.6g (9.67%), Sugar: 4.8g (5.34%), Cholesterol: 16.69mg (5.56%), Sodium: 527.62mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Selenium: 21.42µg (30.6%), Manganese: 0.52mg (26.06%), Phosphorus: 169.14mg (16.91%), Vitamin B2: 0.24mg (14.21%), Fiber: 3.33g (13.33%), Vitamin B6: 0.26mg (13.1%), Potassium: 429.44mg (12.27%), Calcium: 122.72mg (12.27%), Vitamin C: 9.83mg (11.91%), Vitamin A: 587.66IU (11.75%), Vitamin B3: 2.31mg (11.54%), Copper: 0.23mg (11.29%), Vitamin K: 11.11µg (10.58%), Magnesium: 36.37mg (9.09%), Zinc: 1.25mg (8.36%), Folate: 31.31µg (7.83%), Iron: 1.31mg (7.26%), Vitamin B1: 0.1mg (6.76%), Vitamin B12: 0.38µg (6.26%), Vitamin B5: 0.58mg (5.76%), Vitamin E: 0.85mg (5.65%)