



Mozzarella-Rotini Skillet Supper

READY IN



27 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 16 ounce bell pepper stir-fry frozen thawed (such as Bird's Eye)
- 2.8 cups eggplant diced peeled (1 medium)
- 2 garlic cloves minced
- 1 tablespoon penzey's southwest seasoning dried italian
- 2 teaspoons olive oil
- 4 ounces part-skim mozzarella cheese shredded
- 2 cups rotini uncooked (6 ounces corkscrew pasta)
- 0.5 teaspoon salt

- 26 ounce tomato and basil pasta sauce (such as Classico)
- 2 cups zucchini diced (2 small)

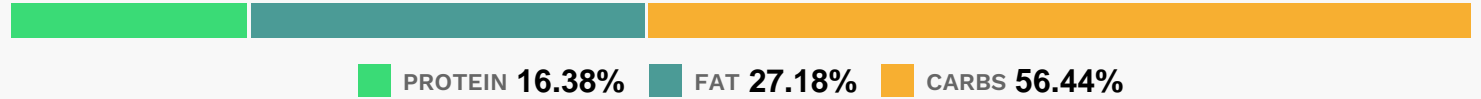
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- . While pasta cooks, heat oil in a large nonstick skillet coated with cooking spray.
- Add eggplant, zucchini, and garlic; saut 5 minutes or until tender.
- Drain pasta.
- Add pasta, Italian seasoning, and next 4 ingredients to eggplant mixture; cook 5 minutes or until thoroughly heated, stirring occasionally.
- Remove from heat; sprinkle with cheese. Cover; let stand 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:18.988260844479%

Flavonoids

Delphinidin: 32.21mg, Delphinidin: 32.21mg, Delphinidin: 32.21mg, Delphinidin: 32.21mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 264.57kcal (13.23%), Fat: 8.06g (12.4%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 29.57g (10.75%), Sugar: 15.57g (17.3%), Cholesterol: 12.1mg (4.03%), Sodium: 781.99mg (34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.85%), Vitamin C: 111.22mg (134.81%), Vitamin A: 3300.57IU (66.01%), Fiber: 8.07g (32.3%), Manganese: 0.49mg (24.63%), Potassium: 824.6mg (23.56%), Selenium: 15.81µg (22.59%), Calcium: 222.57mg (22.26%), Vitamin B6: 0.38mg (19.08%), Phosphorus: 172.96mg (17.3%), Folate: 60.27µg (15.07%), Vitamin K: 13.12µg (12.5%), Vitamin E: 1.75mg (11.67%), Vitamin B2: 0.19mg (11.28%), Iron:

1.93mg (10.73%), Magnesium: 39.55mg (9.89%), Zinc: 1.22mg (8.14%), Vitamin B3: 1.58mg (7.88%), Copper: 0.14mg (6.84%), Vitamin B1: 0.1mg (6.6%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.16µg (2.58%)