



Online Round 2 - Crispy Eggplant and Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices reserved eggplant from eggplant parmesan recipe crispy
- ☐ 4 servings kosher salt
- ☐ 0.3 cup parmesan grated
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1 pound rigatoni
- ☐ 1.5 cups reserved tomato sauce from eggplant parmesan recipe crispy

Equipment

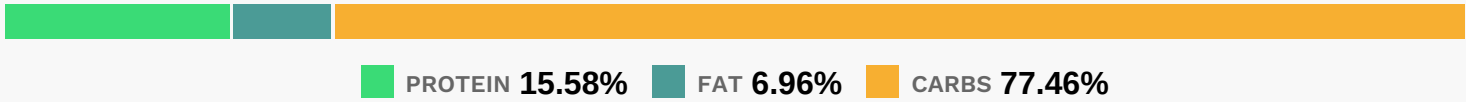
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over medium heat.
- ☐ Add the pasta and cook according to package directions.
- ☐ In a large skillet over medium heat, add the tomato sauce. Chop the eggplant and set aside. When the pasta is cooked, drain it and add it to the skillet.
- ☐ Add the eggplant and toss together to completely coat the pasta with the sauce.
- ☐ Transfer to a serving bowl and serve immediately garnished with some cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:36.04, Inflammation Score:-7, Nutrition Score:19.146087022579%

Flavonoids

Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 478.12kcal (23.91%), Fat: 3.69g (5.67%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 92.29g (30.76%), Net Carbohydrates: 85.99g (31.27%), Sugar: 7.84g (8.71%), Cholesterol: 4.25mg (1.42%), Sodium: 737.61mg (32.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Selenium: 73.75µg (105.36%), Manganese: 1.24mg (61.95%), Phosphorus: 293.16mg (29.32%), Fiber: 6.3g (25.2%), Copper: 0.47mg (23.55%), Magnesium: 83.02mg (20.75%), Vitamin K: 20.66µg (19.68%), Potassium: 633.26mg (18.09%), Vitamin B3: 3.14mg (15.7%), Vitamin B6: 0.29mg (14.65%), Iron: 2.57mg (14.26%), Zinc: 2.05mg (13.68%), Calcium: 115.96mg (11.6%), Vitamin A: 540.53IU (10.81%), Vitamin E: 1.6mg (10.63%), Vitamin C: 8.69mg (10.53%), Folate: 39.88µg (9.97%), Vitamin B2: 0.17mg (9.71%), Vitamin B1: 0.14mg (9.59%), Vitamin B5: 0.92mg (9.23%), Vitamin B12: 0.08µg (1.25%)