



HEALTH SCORE

66%

Pasta alla Norma



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



813 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch basil fresh finely chopped
- ☐ 1 optional: chili dried red crumbled
- ☐ 2 large eggplants firm
- ☐ 4 cloves garlic peeled finely sliced
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 6 ounces parmesan cheese salted grated
- ☐ 28 ounce plum tomatoes chopped canned

- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 1 pound pasta like spaghetti dried
- ☐ 1 teaspoon citrus champagne vinegar good

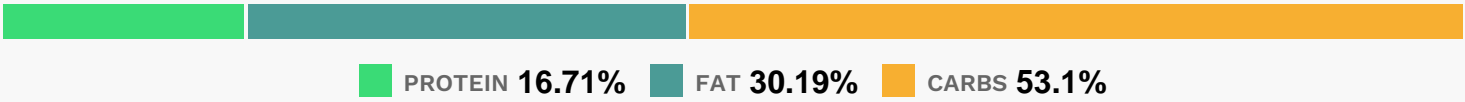
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ tongs
- ☐ colander

Directions

- ☐ First of all, get your nice firm eggplants and cut them into quarters lengthwise. If they've got seedy, fluffy centers, remove them and chuck them away. Then cut the eggplants across the length, into finger-sized pieces. Get a large nonstick pan nice and hot and add a little oil. Fry the eggplants in two batches, adding a little extra oil if you need to. Give the eggplants a toss so the oil coats every single piece and then sprinkle with some of the dried oregano—this will make them taste fantastic. Using a pair of tongs, turn the pieces of eggplant until golden on all sides.
- ☐ Remove to a plate and do the same with the second batch.
- ☐ When the eggplants are all cooked, add the first batch back to the pan—at this point I sometimes add a sneaky dried red chili. Turn the heat down to medium and add a little oil, the garlic, and the basil stems. Stir so everything gets evenly cooked, then add a swig of herb vinegar and the cans of tomatoes, which you can chop or whiz up. Simmer for 10 to 15 minutes, then taste and correct the seasoning. Tear up half the basil leaves, add to the sauce, and toss around.
- ☐ Get your spaghetti into a pan of salted boiling water and cook according to the package instructions. When it's al dente, drain it in a colander, reserving a little of the cooking water, and put it back into the pan.
- ☐ Add the Norma sauce and a little of the reserved cooking water and toss together back on the heat. Taste, and adjust the seasoning, then divide between your plates by twizzling the pasta into a ladle for each portion. Any sauce left in the pan can be spooned over the top.
- ☐ Sprinkle with the remaining basil, grated cheese, and oil.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:38.74, Inflammation Score:-10, Nutrition Score:36.025217258412%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 812.93kcal (40.65%), Fat: 27.59g (42.45%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 109.22g (36.41%), Net Carbohydrates: 95.68g (34.79%), Sugar: 16.76g (18.62%), Cholesterol: 28.92mg (9.64%), Sodium: 704.26mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Selenium: 82.42µg (117.74%), Manganese: 1.96mg (97.76%), Phosphorus: 619.92mg (61.99%), Calcium: 597.43mg (59.74%), Fiber: 13.54g (54.16%), Vitamin K: 49.27µg (46.92%), Vitamin A: 2172.84IU (43.46%), Vitamin C: 33.56mg (40.67%), Potassium: 1322.85mg (37.8%), Magnesium: 138.36mg (34.59%), Copper: 0.67mg (33.51%), Vitamin B6: 0.61mg (30.25%), Vitamin E: 4.25mg (28.33%), Folate: 107.97µg (26.99%), Vitamin B3: 4.81mg (24.05%), Zinc: 3.56mg (23.73%), Vitamin B2: 0.34mg (20.21%), Iron: 3.56mg (19.77%), Vitamin B1: 0.29mg (19.36%), Vitamin B5: 1.54mg (15.37%), Vitamin B12: 0.51µg (8.5%), Vitamin D: 0.21µg (1.42%)