



Pasta Ratatouille

READY IN



45 min.

SERVINGS



1

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup eggplant diced
- 0.5 cup grape tomatoes halved
- 0.5 cup tomatoes
- 1 tablespoon olive oil
- 2 tablespoons parmesan grated
- 1 cup soup noodles whole-wheat
- 0.5 cup zucchini diced

Equipment

- bowl
- frying pan

Directions

- Cook the pasta according to the package directions. Meanwhile, heat the oil in a large skillet over medium-high heat.
- Add the eggplant and cook, stirring occasionally, until tender, about 4 minutes. Stir in the zucchini, tomatoes, and sauce. Reduce heat to medium-low and simmer for 8 minutes.
- Add the cooked pasta and toss to combine.
- Transfer to a bowl and sprinkle with the Parmesan.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:26.195652343657%

Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 435.36kcal (21.77%), Fat: 18.21g (28.02%), Saturated Fat: 3.86g (24.16%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 54.5g (19.82%), Sugar: 9.4g (10.44%), Cholesterol: 6.8mg (2.27%), Sodium: 755.44mg (32.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Manganese: 2.26mg (112.79%), Selenium: 47.03µg (67.19%), Vitamin C: 30.78mg (37.31%), Magnesium: 133.67mg (33.42%), Phosphorus: 308.55mg (30.86%), Vitamin E: 4.4mg (29.34%), Vitamin A: 1362.54IU (27.25%), Potassium: 934.44mg (26.7%), Vitamin B3: 5.31mg (26.54%), Vitamin B1: 0.4mg (26.5%), Copper: 0.53mg (26.32%), Vitamin B6: 0.46mg (22.9%), Iron: 4.04mg (22.44%), Vitamin K: 22.01µg (20.97%), Folate: 81µg (20.25%), Fiber: 4.58g (18.33%), Calcium: 180.75mg (18.08%), Vitamin B2: 0.29mg (16.84%), Zinc: 2.36mg (15.71%), Vitamin B5: 1.32mg (13.22%), Vitamin B12: 0.12µg (2%)