



## Pasta with Roasted Eggplant-Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 4 cups penne rigate hot tube-shaped cooked uncooked ( 8 ounces pasta)
- 3 cups eggplant cubed peeled (1-inch) ( 12 ounces)
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 0.3 cup kalamata olives pitted sliced
- 1 tablespoon olive oil
- 0.3 cup oregano fresh chopped

- 1 ounce parmesan fresh shredded finely
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 1.5 pounds tomatoes chopped
- 2 tablespoons tomato paste

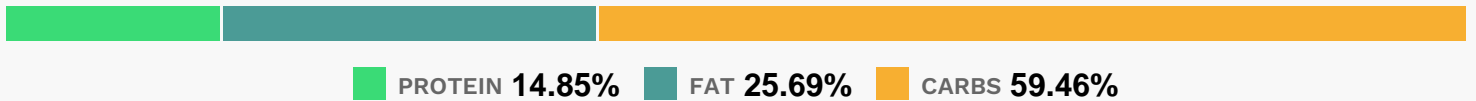
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 42
- To prepare sauce, place eggplant in a single layer on a baking sheet coated with cooking spray; bake at 425 for 15 minutes, stirring once.
- Heat oil in a large nonstick skillet over medium heat.
- Add garlic; cook 3 minutes or until golden, stirring occasionally.
- Add tomato and next 5 ingredients (tomato through pepper); bring to a simmer. Reduce heat to low; cook 3 minutes or until slightly thick.
- Add eggplant, basil, and oregano; cook 3 minutes or until thoroughly heated.
- Toss the sauce with the pasta, and sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:116.4, Glycemic Load:15.36, Inflammation Score:-10, Nutrition Score:19.361739038773%

## Flavonoids

Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin:

0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## **Nutrients (% of daily need)**

Calories: 272.69kcal (13.63%), Fat: 8.11g (12.47%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 34.38g (12.5%), Sugar: 8.88g (9.87%), Cholesterol: 4.82mg (1.61%), Sodium: 465.68mg (20.25%), Alcohol: 0g (100%), Protein: 10.54g (21.08%), Vitamin K: 60.53µg (57.65%), Manganese: 0.91mg (45.51%), Vitamin A: 1921.36IU (38.43%), Selenium: 25.03µg (35.75%), Vitamin C: 27.45mg (33.28%), Fiber: 7.83g (31.34%), Potassium: 739.49mg (21.13%), Vitamin E: 3.1mg (20.69%), Iron: 3.67mg (20.4%), Calcium: 192.68mg (19.27%), Phosphorus: 170.55mg (17.06%), Copper: 0.32mg (16.08%), Magnesium: 63.79mg (15.95%), Vitamin B6: 0.31mg (15.67%), Folate: 58.95µg (14.74%), Vitamin B3: 2.26mg (11.32%), Vitamin B1: 0.12mg (8.22%), Zinc: 1.22mg (8.14%), Vitamin B2: 0.13mg (7.87%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.09µg (1.42%)