



HEALTH SCORE

72%

Pasta with Roasted Provencal Vegetable Sauce



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes italian with herbs crushed canned
- ☐ 16 ounce eggplant unpeeled cut into 1-inch pieces
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion cut into 1-inch pieces
- ☐ 12 ounces penne pasta
- ☐ 2 medium zucchini trimmed cut into 1-inch pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400°F. Arrange eggplant and onion on large rimmed nonstick baking sheet.
- ☐ Drizzle with oil.
- ☐ Sprinkle with salt and pepper. Roast vegetables until beginning to brown, stirring occasionally, about 25 minutes. Stir zucchini and garlic into vegetables; continue to roast until all vegetables are tender, about 20 minutes longer. Stir crushed tomatoes into vegetables on baking sheet; roast until heated through, about 10 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Ladle 1/2 cup pasta cooking liquid into small bowl; reserve.
- ☐ Drain pasta. Return pasta to same pot.
- ☐ Add roasted vegetable sauce and all herbs to pasta and toss to blend. Gradually add enough reserved pasta cooking liquid to moisten as desired. Season to taste with salt and pepper.
- ☐ Transfer pasta to bowl and serve.
- ☐ Per serving: calories, 330; total fat, 5 g; saturated fat, 1 g; cholesterol,
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 13.27%**  **FAT 16.28%**  **CARBS 70.45%**

Properties

Glycemic Index:54.83, Glycemic Load:21.28, Inflammation Score:-9, Nutrition Score:21.930869475655%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 338.18kcal (16.91%), Fat: 6.33g (9.74%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 61.66g (20.55%), Net Carbohydrates: 53.66g (19.51%), Sugar: 12.73g (14.15%), Cholesterol: 0mg (0%), Sodium: 187.67mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.23%), Vitamin K: 60.6µg (57.71%), Manganese: 1.14mg (57.04%), Selenium: 37.26µg (53.23%), Vitamin C: 33.14mg (40.17%), Fiber: 8g (32.02%), Copper: 0.53mg (26.48%), Potassium: 924.4mg (26.41%), Vitamin B6: 0.5mg (25.02%), Magnesium: 85.66mg (21.42%), Phosphorus: 204.71mg (20.47%), Iron: 3.38mg (18.78%), Vitamin E: 2.73mg (18.17%), Folate: 69.86µg (17.47%), Vitamin B3: 3.47mg (17.34%), Vitamin A: 761.61IU (15.23%), Vitamin B1: 0.23mg (15.05%), Vitamin B2: 0.21mg (12.31%), Zinc: 1.6mg (10.67%), Vitamin B5: 1.01mg (10.14%), Calcium: 92.75mg (9.28%)