



 **41%**
HEALTH SCORE

Penne alla Norma

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound penne pasta
- 1 serving coarse mustard
- 4 tablespoons olive oil
- 1 medium onion halved thinly sliced
- 4 garlic clove thinly sliced
- 0.3 teaspoon pepper red crushed
- 1 large eggplant cut into ¾-inch chunks
- 1.5 pounds plum tomatoes cored cut into ½-inch chunks

- 2 tablespoons tomato paste
- 0.5 cup basil fresh plus more for garnish
- 0.5 cup basil fresh plus more for garnish
- 0.8 cup ricotta cheese

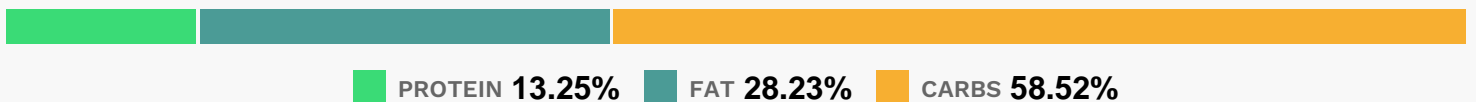
Equipment

- frying pan
- pot

Directions

- Cook pasta in a large pot of boiling salted water until al dente, according to package instructions.
- Drain pasta; return to pot.
- Heat oil in a large skillet over medium heat.
- Add onion, garlic, and crushed red pepper; cook, stirring, until softened, about 5 minutes.
- Add eggplant to skillet; season generously with salt and pepper. Cover, and cook until eggplant begins to release juices, about 5 minutes. Uncover; cook, stirring, until tender, 3 to 4 minutes (if bottom of pan browns too much, add a few tablespoons water, and scrape with spoon).
- Add tomatoes, tomato paste, and 1/4 cup water to skillet; cook, stirring, until softened, about 5 minutes.
- Toss sauce and basil with pasta; gently reheat if necessary. Top each serving with a spoonful of ricotta, and garnish with more basil.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:25.72, Inflammation Score:-8, Nutrition Score:20.063043569741%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 472.76kcal (23.64%), Fat: 14.98g (23.05%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 69.87g (23.29%), Net Carbohydrates: 63.09g (22.94%), Sugar: 9.26g (10.28%), Cholesterol: 15.81mg (5.27%), Sodium: 91.86mg (3.99%), Alcohol: 0g (100%), Protein: 15.83g (31.65%), Selenium: 53.47µg (76.39%), Manganese: 1.13mg (56.27%), Vitamin K: 35.08µg (33.41%), Vitamin A: 1418.29IU (28.37%), Fiber: 6.77g (27.08%), Vitamin C: 21.09mg (25.56%), Phosphorus: 253.59mg (25.36%), Potassium: 748.33mg (21.38%), Copper: 0.4mg (20.16%), Magnesium: 74.3mg (18.57%), Vitamin E: 2.6mg (17.36%), Vitamin B6: 0.34mg (17.12%), Folate: 58.12µg (14.53%), Vitamin B3: 2.74mg (13.68%), Zinc: 1.87mg (12.46%), Calcium: 115.99mg (11.6%), Iron: 2.02mg (11.22%), Vitamin B1: 0.16mg (10.84%), Vitamin B2: 0.18mg (10.31%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.11µg (1.76%)