



Penne Alla Norma

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 8 cups penne rigate hot tube-shaped cooked uncooked (1 pound pasta)
- ☐ 1.5 teaspoons pepper red crushed
- ☐ 1 pound eggplant cubed peeled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion diced
- ☐ 2 ounces parmesan fresh grated

- ☐ 0.3 teaspoon salt
- ☐ 2 cups pkt spinach chopped
- ☐ 2 cups tomatoes seeded chopped
- ☐ 0.5 cup water

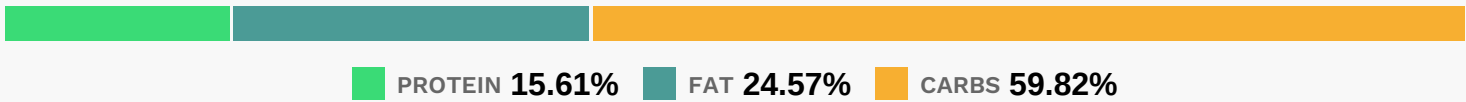
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 4 minutes.
- ☐ Add eggplant and red pepper; saut 5 minutes or until lightly browned.
- ☐ Add spinach and next 5 ingredients (spinach through tomato sauce); reduce heat, and simmer 15 minutes.
- ☐ Combine eggplant mixture and pasta in a large bowl; toss well.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:18.65, Inflammation Score:-9, Nutrition Score:17.863913046277%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 311.78kcal (15.59%), Fat: 8.66g (13.33%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 47.45g (15.82%),
Net Carbohydrates: 41.07g (14.94%), Sugar: 7.26g (8.07%), Cholesterol: 6.43mg (2.14%), Sodium: 451.19mg (19.62%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Vitamin K: 62.33µg (59.37%), Selenium: 33.12µg
(47.32%), Manganese: 0.81mg (40.66%), Vitamin A: 1790.42IU (35.81%), Fiber: 6.37g (25.48%), Vitamin C: 16.64mg
(20.17%), Phosphorus: 189.15mg (18.92%), Potassium: 576.19mg (16.46%), Calcium: 160.06mg (16.01%), Folate:
61.2µg (15.3%), Iron: 2.69mg (14.97%), Vitamin E: 2.21mg (14.71%), Magnesium: 58.71mg (14.68%), Vitamin B6: 0.29mg
(14.61%), Copper: 0.29mg (14.53%), Vitamin B3: 1.82mg (9.1%), Vitamin B2: 0.15mg (8.8%), Zinc: 1.28mg (8.51%),
Vitamin B1: 0.11mg (7.26%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.11µg (1.89%)