



Penne Salad with Eggplant

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.8 pounds eggplant peeled cut into 1/2-inch cubes
- 0.5 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 2 tablespoons juice of lemon
- 8 tablespoons olive oil
- 0.8 pound penne pasta
- 1.3 teaspoons salt

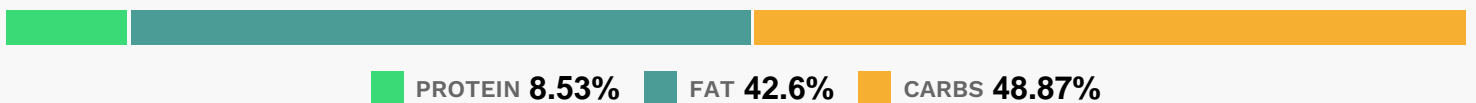
Equipment

- bowl
- frying pan
- pot

Directions

- In a large nonstick frying pan, heat 2 tablespoons of the oil over moderate heat.
- Add one third of the eggplant and 1/4 teaspoon of the salt and cook, stirring occasionally, until the eggplant is tender and brown, about 4 minutes.
- Remove the eggplant from the pan and put it in a large bowl. Cook the remaining eggplant in two batches, each using 2 tablespoons of the oil and 1/4 teaspoon of the salt.
- Add the garlic to the last batch of eggplant during the final minute of cooking.
- Meanwhile, in a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain. Rinse with cold water and drain thoroughly.
- Transfer to the bowl with the eggplant.
- Toss the pasta and eggplant with the remaining 2 tablespoons oil and 1/2 teaspoon salt, the parsley, pepper, and lemon juice.
- Wine Recommendation: Chianti is one of the versatility champions of the wine world. Its high acidity, medium body, moderate tannins, and understated dried-cherry fruit allow it to play a supporting role with many cuisines.
- Serve one here and you'll see why.
- Notes: Eggplant soaks up oil like a sponge; so it's best to cook this vegetable in a nonstick pan. That way, you can limit the amount of oil available for the eggplant to absorb without worrying about it sticking.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:27.47, Inflammation Score:-8, Nutrition Score:23.179565408955%

Flavonoids

Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 619.56kcal (30.98%), Fat: 29.73g (45.74%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 76.74g (25.58%), Net Carbohydrates: 67.74g (24.63%), Sugar: 9.54g (10.61%), Cholesterol: 0mg (0%), Sodium: 740.9mg (32.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin K: 147.12µg (140.11%), Selenium: 54.58µg (77.97%), Manganese: 1.3mg (64.8%), Fiber: 9.01g (36.03%), Vitamin E: 4.79mg (31.94%), Phosphorus: 215.81mg (21.58%), Vitamin C: 17.71mg (21.47%), Copper: 0.43mg (21.28%), Potassium: 701.48mg (20.04%), Magnesium: 77.67mg (19.42%), Folate: 71.93µg (17.98%), Vitamin B6: 0.32mg (15.83%), Vitamin B3: 2.85mg (14.25%), Vitamin A: 678.71IU (13.57%), Iron: 2.23mg (12.41%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.62mg (10.81%), Vitamin B5: 0.97mg (9.75%), Vitamin B2: 0.13mg (7.93%), Calcium: 50.52mg (5.05%)