



 **64%**
HEALTH SCORE

Penne with Eggplant

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 eggplant halved lengthwise cut into small pieces
- 4 leaves basil fresh chopped
- 3 cloves garlic chopped
- 2 tablespoons olive oil
- 8 ounce penne pasta
- 2 servings salt and pepper to taste
- 0.3 cup sun-dried tomato spread
- 1 cup tomato sauce

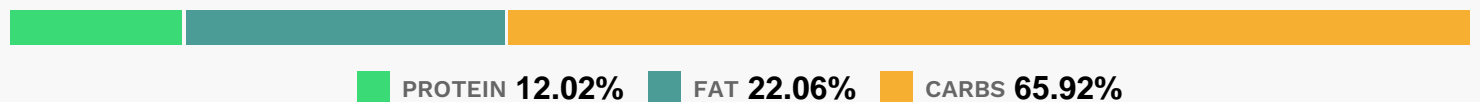
Equipment

- frying pan
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- Drain well in a colander set in the sink, reserving 1 cup pasta water.
- Heat 2 tablespoons olive oil in a large skillet over medium heat. Stir in eggplant and garlic, and drizzle with remaining olive oil to coat; cook and stir until the eggplant is tender and lightly browned, 5 to 7 minutes. Season with salt and pepper. Stir in the sun-dried tomato spread and tomato sauce; cook and stir until heated, through about 5 minutes more.
- Add penne and toss. Stir in pasta water if the sauce is too thick.
- Sprinkle with basil before serving.

Nutrition Facts



Properties

Glycemic Index:123.5, Glycemic Load:40.34, Inflammation Score:-8, Nutrition Score:30.692173916361%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 673.53kcal (33.68%), Fat: 16.93g (26.05%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 113.83g (37.94%), Net Carbohydrates: 99.69g (36.25%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium:

801.62mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.52%), Selenium: 74.49µg (106.41%), Manganese: 2.04mg (102.16%), Fiber: 14.14g (56.55%), Potassium: 1633.91mg (46.68%), Copper: 0.87mg (43.34%), Phosphorus: 358.75mg (35.88%), Magnesium: 138.98mg (34.75%), Vitamin E: 4.6mg (30.7%), Vitamin B3: 5.91mg (29.56%), Vitamin B6: 0.58mg (28.82%), Vitamin K: 30.13µg (28.69%), Iron: 4.61mg (25.64%), Vitamin C: 20.59mg (24.95%), Folate: 91.98µg (23%), Vitamin B1: 0.3mg (20.18%), Vitamin B5: 1.83mg (18.27%), Vitamin B2: 0.31mg (17.96%), Zinc: 2.57mg (17.13%), Vitamin A: 756.42IU (15.13%), Calcium: 86.87mg (8.69%)