



 **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
- 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 olives

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.

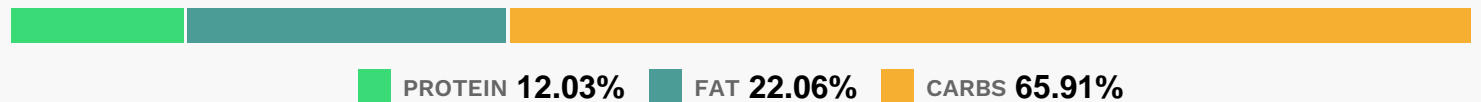
Drain well in a colander set in the sink, reserving 1 cup pasta water.

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:158.5, Glycemic Load:40.35, Inflammation Score:-8, Nutrition Score:30.979999998341%

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: 673.76kcal (33.69%), Fat: 16.94g (26.05%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 113.86g (37.95%), Net Carbohydrates: 99.71g (36.26%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium: 801.66mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Selenium: 74.49µg (106.42%), Manganese: 2.05mg (102.74%), Fiber: 14.15g (56.62%), Potassium: 1636.86mg (46.77%), Copper: 0.87mg (43.53%), Phosphorus: 359.31mg (35.93%), Magnesium: 139.62mg (34.91%), Vitamin K: 34.28µg (32.64%), Vitamin E: 4.61mg (30.75%), Vitamin B3: 5.92mg (29.61%), Vitamin B6: 0.58mg (28.9%), Iron: 4.65mg (25.82%), Vitamin C: 20.77mg (25.17%), Folate: 92.66µg (23.17%), Vitamin B1: 0.3mg (20.2%), Vitamin B5: 1.83mg (18.29%), Vitamin B2: 0.31mg (18.01%), Zinc: 2.58mg (17.18%), Vitamin A: 809.17IU (16.18%), Calcium: 88.64mg (8.86%)