



WHATShEATE



Penne with Grilled Eggplant and Radicchio Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 small eggplants ()
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 12 ounces fusilli pasta) (spiral-shaped cooked
- ☐ 3 garlic cloves thinly sliced
- ☐ 6 ounces goat cheese fresh crumbled soft
- ☐ 0.5 cup low-salt chicken broth

- ☐ 7 tablespoons olive oil divided
- ☐ 0.3 cup onion finely chopped
- ☐ 2 tablespoons parsley leaves fresh italian
- ☐ 8 ounces radicchio thinly cored quartered
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup tomatoes peeled seeded chopped

Equipment

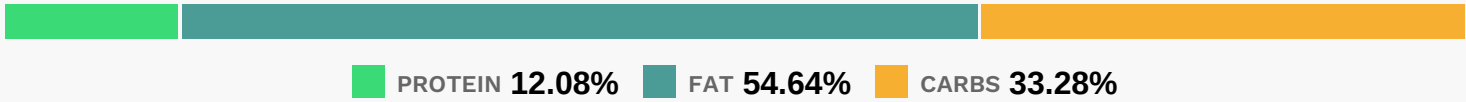
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ cutting board

Directions

- ☐ Cut eggplants in half lengthwise, then cut crosswise into 1/2-inch-thick slices.
- ☐ Place on layers of paper towels.
- ☐ Sprinkle eggplant lightly with salt; let stand 30 minutes.
- ☐ Prepare barbecue (medium-high heat). Pat eggplant dry.
- ☐ Brush eggplant and radicchio with 3 tablespoons oil; sprinkle with salt. Grill until eggplant is tender and radicchio is wilted, about 4 minutes per side for eggplant and 1 minute per side for radicchio.
- ☐ Transfer radicchio to cutting board; chop coarsely.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add onion and garlic; stir 2 minutes.
- ☐ Add parsley and thyme. Reduce heat to low; sauté until onion is soft, about 10 minutes.
- ☐ Add next 5 ingredients; simmer 8 minutes, stirring frequently. Stir in eggplant and radicchio. Season to taste with salt and pepper.
- ☐ Toss pasta with 1 tablespoon oil in large bowl.

- ☐ Add eggplant sauce and toss.
- ☐ Sprinkle with crumbled goat cheese; serve.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:9.77, Inflammation Score:-9, Nutrition Score:19.027391195297%

Flavonoids

Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg Delphinidin: 133.72mg, Delphinidin: 133.72mg, Delphinidin: 133.72mg, Delphinidin: 133.72mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 14.93mg, Luteolin: 14.93mg, Luteolin: 14.93mg, Luteolin: 14.93mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg

Nutrients (% of daily need)

Calories: 384.7kcal (19.23%), Fat: 23.45g (36.07%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 25.35g (9.22%), Sugar: 7.71g (8.56%), Cholesterol: 13.04mg (4.35%), Sodium: 183.26mg (7.97%), Alcohol: 1.37g (100%), Alcohol %: 0.46% (100%), Protein: 11.66g (23.32%), Vitamin K: 143.6µg (136.77%), Manganese: 0.75mg (37.34%), Copper: 0.58mg (28.99%), Vitamin E: 4.08mg (27.21%), Fiber: 6.79g (27.17%), Selenium: 16.9µg (24.14%), Vitamin C: 15.23mg (18.46%), Potassium: 638.83mg (18.25%), Folate: 72.64µg (18.16%), Phosphorus: 181.37mg (18.14%), Vitamin B6: 0.34mg (17.04%), Iron: 2.8mg (15.53%), Vitamin A: 683.24IU (13.66%), Vitamin B2: 0.23mg (13.48%), Magnesium: 52.16mg (13.04%), Vitamin B3: 2.09mg (10.46%), Calcium: 94.27mg (9.43%), Vitamin B5: 0.88mg (8.75%), Vitamin B1: 0.13mg (8.34%), Zinc: 1.21mg (8.05%), Vitamin B12: 0.07µg (1.23%)