



Penne with Roasted Eggplant, Chickpeas, and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 1 large eggs
- ☐ 5 cups eggplant cubed peeled (1-inch) ()
- ☐ 2 ounces feta cheese crumbled
- ☐ 1.5 tablespoons olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 8 ounces penne pasta) (tube-shaped uncooked
- ☐ 0.3 teaspoon salt

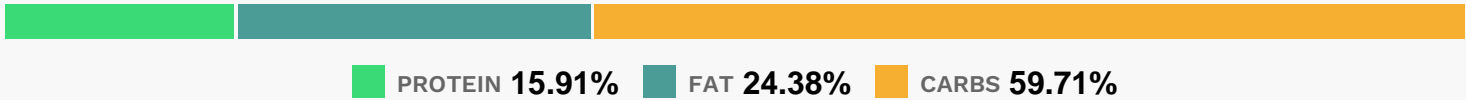
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ colander

Directions

- ☐ Preheat oven to 50
- ☐ Combine eggplant and oil in a jelly-roll pan.
- ☐ Bake at 500 for 12 minutes, stirring once.
- ☐ While eggplant bakes, cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Combine the oregano, chickpeas, and tomatoes in a large skillet over medium heat; cook 4 minutes. Stir in eggplant and pasta.
- ☐ Combine reserved 1/2 cup cooking liquid and egg in a small bowl; stir well with a whisk.
- ☐ Add egg mixture to pan; stir well. Cook over low heat 5 minutes or until egg mixture is slightly thick, stirring constantly (do not boil). Stir in feta, salt, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.87, Glycemic Load:19.26, Inflammation Score:-7, Nutrition Score:19.630869393763%

Flavonoids

Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 372.19kcal (18.61%), Fat: 10.32g (15.88%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 56.87g (18.96%), Net Carbohydrates: 47.55g (17.29%), Sugar: 7.77g (8.63%), Cholesterol: 47.29mg (15.76%), Sodium: 609.22mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Manganese: 1.48mg (74.07%), Selenium: 35.89µg (51.27%), Fiber: 9.33g (37.3%), Vitamin B6: 0.73mg (36.32%), Phosphorus: 258.23mg (25.82%), Copper: 0.49mg (24.58%), Magnesium: 78.99mg (19.75%), Potassium: 677.03mg (19.34%), Iron: 3.25mg (18.05%), Folate: 66.97µg (16.74%), Vitamin B2: 0.26mg (15.04%), Calcium: 139.88mg (13.99%), Vitamin E: 2.09mg (13.94%), Zinc: 2.04mg (13.61%), Vitamin B3: 2.55mg (12.74%), Vitamin B1: 0.18mg (12.24%), Vitamin B5: 1.17mg (11.75%), Vitamin C: 9.46mg (11.46%), Vitamin K: 11.44µg (10.9%), Vitamin A: 314.18IU (6.28%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.25µg (1.64%)