



Penne with Sausage, Eggplant, and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound bulk pork breakfast sausage
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 6 cups penne pasta hot tube-shaped cooked uncooked (10 ounces pasta)
- ☐ 1 pound eggplant cubed peeled
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon oregano dried

☐ 2 tablespoons tomato paste

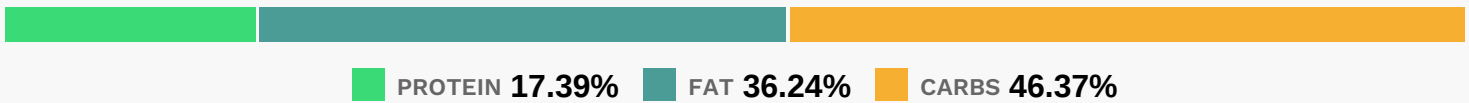
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook eggplant, sausage, and garlic in a large nonstick skillet over medium-high heat 5 minutes or until sausage is browned and eggplant is tender.
- ☐ Add tomato paste and the next 3 ingredients (through tomatoes); cook over medium heat 5 minutes, stirring occasionally.
- ☐ Place pasta in a large bowl.
- ☐ Add tomato mixture, cheese, and parsley; toss well.

Nutrition Facts



Properties

Glycemic Index:78.88, Glycemic Load:22.07, Inflammation Score:-8, Nutrition Score:24.700869684634%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 486.63kcal (24.33%), Fat: 19.88g (30.58%), Saturated Fat: 7.2g (45.01%), Carbohydrates: 57.22g (19.07%), Net Carbohydrates: 48.82g (17.75%), Sugar: 10.3g (11.44%), Cholesterol: 53.44mg (17.81%), Sodium: 727.35mg (31.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.93%), Vitamin K: 75.67µg (72.07%), Selenium: 37.63µg (53.75%), Manganese: 0.99mg (49.49%), Fiber: 8.41g (33.63%), Vitamin B6: 0.61mg (30.45%), Vitamin B3: 5.65mg (28.25%), Phosphorus: 272.71mg (27.27%), Iron: 4.67mg (25.94%), Potassium: 888.18mg (25.38%), Copper: 0.5mg (24.9%), Vitamin C: 20.03mg (24.28%), Vitamin B1: 0.34mg (22.64%), Vitamin B2: 0.33mg (19.52%), Magnesium: 77.56mg (19.39%), Zinc: 2.89mg (19.25%), Vitamin A: 796.73IU (15.93%), Vitamin E: 2.3mg

(15.34%), Calcium: 151.08mg (15.11%), Folate: 60.29µg (15.07%), Vitamin B5: 1.32mg (13.15%), Vitamin B12: 0.72µg (12.02%), Vitamin D: 0.79µg (5.29%)