



 **29%**
HEALTH SCORE

Ratatouille Pasta

READY IN



30 min.

SERVINGS



3

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups eggplant diced peeled
- 2 cups zucchini sliced
- 0.5 teaspoon salt
- 1.3 cups rotini pasta uncooked
- 1 cup onion sliced
- 1 tablespoon olive oil
- 14 ounces tomatoes diced undrained canned
- 2 tablespoons tomato paste
- 1 teaspoon oregano dried

- 0.5 teaspoon garlic powder
- 0.5 teaspoon basil dried
- 1 Dash pepper
- 1 cup part-skim mozzarella cheese shredded

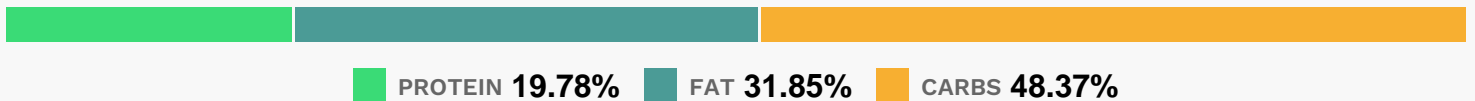
Equipment

- frying pan
- colander

Directions

- Place eggplant and zucchini in a colander over a plate; sprinkle with salt and toss.
- Let stand for 30 minutes; rinse and drain well.
- Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, saute the eggplant, zucchini and onion in oil until tender.
- Add the tomatoes, tomato paste, oregano, garlic powder, basil and pepper. Bring to a boil. Reduce heat; cook, uncovered, over medium-low heat for 3 minutes, stirring occasionally.
- Drain pasta; place on an ovenproof platter. Top with vegetable mixture.
- Sprinkle with mozzarella cheese. Broil 4-6 in. from the heat until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:10.58, Inflammation Score:-9, Nutrition Score:19.683913106504%

Flavonoids

Delphinidin: 46.84mg, Delphinidin: 46.84mg, Delphinidin: 46.84mg, Delphinidin: 46.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 319.2kcal (15.96%), Fat: 11.69g (17.99%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 33.56g (12.2%), Sugar: 11.88g (13.2%), Cholesterol: 23.89mg (7.96%), Sodium: 904.26mg (39.32%), Alcohol: 0g (100%), Protein: 16.33g (32.67%), Vitamin C: 34.61mg (41.95%), Manganese: 0.78mg (39.2%), Calcium: 388.02mg (38.8%), Selenium: 23.68µg (33.83%), Phosphorus: 320.81mg (32.08%), Fiber: 6.39g (25.55%), Potassium: 885.84mg (25.31%), Vitamin B6: 0.5mg (24.81%), Vitamin K: 21.23µg (20.22%), Vitamin B2: 0.34mg (19.81%), Magnesium: 73.06mg (18.26%), Vitamin E: 2.53mg (16.86%), Copper: 0.34mg (16.83%), Iron: 3.03mg (16.83%), Folate: 64.36µg (16.09%), Zinc: 2.15mg (14.32%), Vitamin A: 688.76IU (13.78%), Vitamin B3: 2.6mg (12.98%), Vitamin B1: 0.18mg (12.22%), Vitamin B5: 0.72mg (7.15%), Vitamin B12: 0.31µg (5.1%)