



Rigatoni Mediterranean

READY IN



45 min.

SERVINGS



10

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes organic crushed undrained canned
- ☐ 1 pound eggplant diced peeled
- ☐ 0.3 cup basil fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.8 cup green onions thinly sliced (6)
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup olive oil divided
- ☐ 2 ounces parmesan cheese fresh grated

- ☐ 8 ounces part-skim mozzarella cheese shredded
- ☐ 1 pound rigatoni uncooked
- ☐ 0.5 teaspoon salt
- ☐ 2 cups walla walla sweet thinly sliced (1 large)
- ☐ 2 cups zucchini halved lengthwise thinly sliced

Equipment

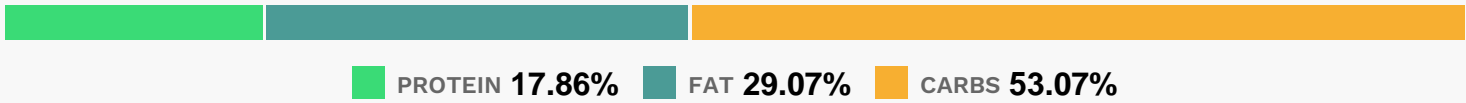
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant to pan, and saut 6 minutes or until lightly browned.
- ☐ Drain on a paper towel-lined plate.
- ☐ Heat remaining 2 tablespoons oil in pan over medium heat.
- ☐ Add garlic to pan, and cook for 30 seconds, stirring constantly.
- ☐ Add sweet onion, zucchini, and green onions to pan; cook for 6 minutes or until tender, stirring occasionally.
- ☐ Add chopped basil, Italian seasoning, salt, pepper, and tomatoes to pan; bring to a boil. Cover, reduce heat, and simmer for 15 minutes.
- ☐ Combine pasta, eggplant, and tomato mixture in a large bowl; stir in shredded mozzarella.
- ☐ Transfer the pasta mixture to a 13 x 9-inch baking dish coated with cooking spray.

Sprinkle evenly with Parmesan cheese. Cover and bake at 350 for 15 minutes; uncover and bake an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:16.06, Inflammation Score:-7, Nutrition Score:17.227391185968%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 353.05kcal (17.65%), Fat: 11.61g (17.86%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 42.48g (15.45%), Sugar: 9.04g (10.04%), Cholesterol: 18.37mg (6.12%), Sodium: 462.15mg (20.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Selenium: 34.35µg (49.07%), Manganese: 0.81mg (40.5%), Calcium: 308.93mg (30.89%), Phosphorus: 290.76mg (29.08%), Vitamin K: 30.17µg (28.73%), Fiber: 5.21g (20.84%), Vitamin C: 16.36mg (19.83%), Copper: 0.37mg (18.41%), Vitamin B6: 0.35mg (17.74%), Potassium: 598.29mg (17.09%), Magnesium: 64.37mg (16.09%), Vitamin E: 2.12mg (14.14%), Iron: 2.27mg (12.62%), Zinc: 1.89mg (12.61%), Folate: 49.97µg (12.49%), Vitamin B2: 0.21mg (12.48%), Vitamin B3: 2.3mg (11.48%), Vitamin B1: 0.16mg (10.47%), Vitamin A: 494.92IU (9.9%), Vitamin B5: 0.69mg (6.9%), Vitamin B12: 0.25µg (4.23%)