



Rigatoni with Eggplant and Pine Nut Crunch

READY IN



110 min.

SERVINGS



8

CALORIES



681 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole canned
- ☐ 1.5 pounds eggplant unpeeled cut into 1/2-inch cubes
- ☐ 2 cups basil leaves fresh divided packed (firmly)
- ☐ 3 large garlic cloves divided
- ☐ 2 cups grape tomatoes
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup olive oil
- ☐ 1 cup parmesan cheese divided freshly grated
- ☐ 0.3 cup pinenuts

- ☐ 1 pound rigatoni
- ☐ 1 pound whole-milk mozzarella cheese cut into 1/2-inch cubes
- ☐ 2 medium bell peppers yellow cut into 1/2-inch squares

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ garlic press

Directions

- ☐ Preheat oven to 425°F. Spray large rimmed baking sheet with nonstick spray; add eggplant and peppers.
- ☐ Cut tomatoes in half lengthwise; add to sheet. Using garlic press, squeeze 1 garlic clove onto vegetables.
- ☐ Drizzle vegetables with oil; toss.
- ☐ Sprinkle with salt and pepper. Roast vegetables until tender, stirring often, 35 to 45 minutes.
- ☐ Combine 2/3 cup basil, 1/2 cup Parmesan, pine nuts, and 1 garlic clove in mini processor. Blend until crumbly. Season topping with salt.
- ☐ Blend tomatoes with juice, cream, 1 1/3 cups basil, and 1 garlic clove in processor until smooth. Season sauce with salt and pepper.
- ☐ Cook pasta in pot of boiling salted water until just tender but still firm to bite, stirring occasionally; drain. Return to pot. Toss with vegetables, sauce, and 1/2 cup Parmesan.
- ☐ Transfer to 13 x 9 x 2-inch baking dish.
- ☐ Sprinkle with mozzarella and pine nut topping.
- ☐ Bake pasta until heated through, 25 to 35 minutes.
- ☐ Let stand 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:18.62, Inflammation Score:-9, Nutrition Score:26.953043419382%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 681.23kcal (34.06%), Fat: 39.99g (61.52%), Saturated Fat: 17.89g (111.84%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 50.03g (18.19%), Sugar: 7.14g (7.93%), Cholesterol: 89.28mg (29.76%), Sodium: 590.54mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.61%), Vitamin C: 63.21mg (76.62%), Selenium: 51.29µg (73.27%), Manganese: 1.28mg (64.07%), Phosphorus: 470.21mg (47.02%), Calcium: 456.45mg (45.64%), Vitamin K: 41.06µg (39.1%), Vitamin A: 1635.91IU (32.72%), Vitamin B12: 1.51µg (25.15%), Zinc: 3.65mg (24.34%), Fiber: 5.36g (21.43%), Vitamin B2: 0.35mg (20.88%), Magnesium: 82.13mg (20.53%), Copper: 0.38mg (19.16%), Vitamin E: 2.7mg (18.02%), Potassium: 614.39mg (17.55%), Vitamin B6: 0.3mg (15.02%), Folate: 53.7µg (13.42%), Vitamin B3: 2.34mg (11.68%), Iron: 2mg (11.1%), Vitamin B1: 0.15mg (10.15%), Vitamin B5: 0.8mg (7.95%), Vitamin D: 0.77µg (5.1%)