






 **34%**  
HEALTH SCORE

# Rigatoni with Eggplant, Mushrooms and Goat Cheese

 Vegetarian

READY IN  
  
**55 min.**

SERVINGS  
  
**6**

CALORIES  
  
**548 kcal**

**SIDE DISH**   **LUNCH**   **MAIN COURSE**   **MAIN DISH**

## Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.5 cup chicken broth
- 1 teaspoon thyme dried
- 1 eggplant cut into 1/2 inch cubes
- 8 ounce mushrooms fresh coarsely chopped
- 8 ounce mushrooms fresh coarsely chopped
- 2 cloves garlic sliced

- 8 ounces goat cheese cut into large chunks
- 15 kalamata olives pitted chopped
- 3 tablespoons olive oil
- 1 large onion chopped
- 0.3 teaspoon pepper red crushed
- 16 ounce rigatoni
- 1.5 teaspoons salt

## Equipment

- sauce pan
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Heat olive oil in a large saucepan over medium low heat.
- Saute onion and garlic until soft and translucent, about 5 minutes. Increase heat to medium high. Stir in mushrooms, and cook until lightly browned, about 5 minutes. Stir in the eggplant, and cook 5 minutes. Stir in the tomatoes, chicken broth and olives. Season with thyme, salt and red pepper flakes. Bring to a boil. Reduce heat, cover, and simmer 30 minutes, or until eggplant is tender. Toss with pasta and goat cheese.

## Nutrition Facts



**PROTEIN 16.14%** **FAT 29.59%** **CARBS 54.27%**

## Properties

Glycemic Index:38.5, Glycemic Load:27.22, Inflammation Score:-8, Nutrition Score:26.887826214666%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

## Nutrients (% of daily need)

Calories: 548.05kcal (27.4%), Fat: 18.5g (28.46%), Saturated Fat: 7.02g (43.91%), Carbohydrates: 76.33g (25.44%), Net Carbohydrates: 67.49g (24.54%), Sugar: 13.58g (15.09%), Cholesterol: 17.78mg (5.93%), Sodium: 1136.37mg (49.41%), Alcohol: 0g (100%), Protein: 22.71g (45.41%), Selenium: 57.35µg (81.93%), Manganese: 1.26mg (62.99%), Copper: 1.07mg (53.5%), Phosphorus: 375.87mg (37.59%), Vitamin B2: 0.61mg (35.97%), Fiber: 8.85g (35.38%), Vitamin B3: 6.41mg (32.05%), Vitamin B6: 0.59mg (29.56%), Potassium: 1032.66mg (29.5%), Iron: 4.37mg (24.28%), Magnesium: 94.62mg (23.65%), Vitamin B5: 2.34mg (23.38%), Vitamin E: 3.49mg (23.26%), Vitamin C: 17.68mg (21.44%), Vitamin B1: 0.31mg (20.37%), Folate: 70.55µg (17.64%), Vitamin K: 17.86µg (17.01%), Zinc: 2.37mg (15.82%), Vitamin A: 763.79IU (15.28%), Calcium: 140.31mg (14.03%), Vitamin D: 0.3µg (2.02%), Vitamin B12: 0.11µg (1.77%)