



HEALTH SCORE

61%

Rigatoni With Eggplant, Peppers, and Tomatoes



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 basil leaves chopped
- ☐ 12 olives black sliced
- ☐ 2 eggplants diced with skin
- ☐ 1 sprig thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red sliced

- ☐ 1 pound rigatoni pasta
- ☐ 6 servings salt and pepper black to taste
- ☐ 6 tomatoes peeled seeded chopped

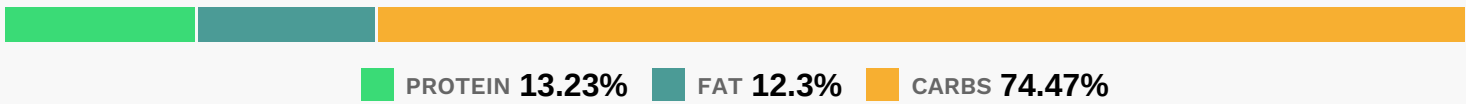
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Cook the diced eggplant in the hot oil, stirring frequently, until lightly browned, about 10 minutes. Stir in the red pepper and garlic; season with salt and pepper. Reduce heat to medium-low, cover, and cook until the vegetables are tender, about 20 minutes.
- ☐ Meanwhile, heat 1 tablespoon of olive oil in a saucepan over medium-high heat. Stir in the chopped tomatoes, and bring to a simmer; season with fresh thyme, salt, and pepper. Reduce heat to medium-low and simmer until the tomatoes have reduced slightly, about 15 minutes.
- ☐ bring a large pot of lightly-salted water to a boil; stir in the rigatoni and cook uncovered, stirring occasionally, until tender but still firm to the bite, about 13 minutes.
- ☐ Drain and return to the pot.
- ☐ Stir the eggplant mixture into the pasta along with the basil and olives. Spoon the tomato sauce overtop to serve.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:25.63, Inflammation Score:-9, Nutrition Score:21.472173711528%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 380kcal (19%), Fat: 5.29g (8.14%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 72.11g (24.04%), Net Carbohydrates: 62.89g (22.87%), Sugar: 11.53g (12.81%), Cholesterol: 0mg (0%), Sodium: 333.39mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.63%), Selenium: 48.47µg (69.25%), Manganese: 1.24mg (61.96%), Vitamin C: 46.32mg (56.14%), Fiber: 9.21g (36.85%), Vitamin A: 1762.33IU (35.25%), Potassium: 862.36mg (24.64%), Copper: 0.43mg (21.74%), Phosphorus: 216.67mg (21.67%), Vitamin B6: 0.41mg (20.42%), Vitamin K: 20.96µg (19.96%), Magnesium: 79.26mg (19.82%), Folate: 75.66µg (18.91%), Vitamin B3: 3.24mg (16.18%), Vitamin E: 2.17mg (14.44%), Vitamin B1: 0.19mg (12.52%), Zinc: 1.59mg (10.62%), Iron: 1.88mg (10.43%), Vitamin B5: 0.94mg (9.37%), Vitamin B2: 0.15mg (8.54%), Calcium: 51.51mg (5.15%)