



Rigatoni with Grilled Veggies

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 baby eggplant italian sliced in 1/ discs
- 1 tablespoon garlic chopped
- 3 tablespoons olive oil
- 1 medium onion sliced
- 1 bell pepper red seeds removed cored quartered
- 1 teaspoon pepper flakes red crushed
- 1 pound rigatoni
- 6 servings salt and pepper black freshly ground

- 1 zucchini sliced in 1/2 lengthwise

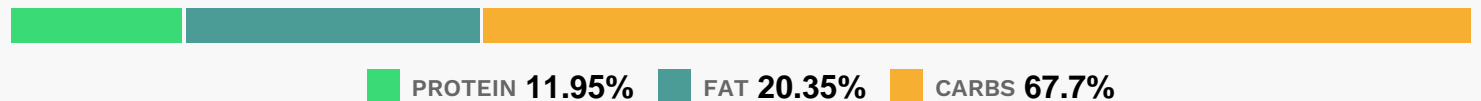
Equipment

- frying pan
- pot
- grill
- grill pan
- cutting board

Directions

- Preheat a grill or grill pan over medium-high heat.
- Bring a large pot of salted water to a boil over high heat.
- Add pasta and cook until al dente about 8 minutes.
- Drain and set aside.
- Lightly brush all sides of each vegetable with the 1 tablespoon of olive oil.
- Place on the grill or grill pan, season with salt and pepper and grill for 3 minutes per side.
- Transfer to a cutting board and cut all the vegetables into bite-size pieces.
- Add remaining 2 tablespoons olive oil to a large skillet over medium heat.
- Add garlic and red pepper flakes and saute for 1 minute. Stir in the pasta, add the chopped vegetables and toss.
- Transfer to a serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:23.89, Inflammation Score:-7, Nutrition Score:15.013913102772%

Flavonoids

Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 372.99kcal (18.65%), Fat: 8.45g (13%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 58.49g (21.27%), Sugar: 5.81g (6.46%), Cholesterol: 0mg (0%), Sodium: 15.28mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Selenium: 48.33µg (69.04%), Manganese: 0.93mg (46.25%), Vitamin C: 33.84mg (41.02%), Fiber: 4.77g (19.09%), Phosphorus: 178.01mg (17.8%), Vitamin A: 794.85IU (15.9%), Vitamin B6: 0.3mg (14.79%), Copper: 0.29mg (14.27%), Magnesium: 56.44mg (14.11%), Potassium: 421.96mg (12.06%), Vitamin E: 1.69mg (11.26%), Folate: 42.49µg (10.62%), Vitamin B3: 1.94mg (9.71%), Zinc: 1.34mg (8.95%), Vitamin K: 8.6µg (8.19%), Iron: 1.44mg (8.02%), Vitamin B1: 0.12mg (8.01%), Vitamin B2: 0.12mg (6.86%), Vitamin B5: 0.6mg (5.96%), Calcium: 34.12mg (3.41%)