



## Roasted aubergine, tomato & basil pasta



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



692 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 large eggplant cut into chunks
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove unpeeled
- ☐ 300 g cherry tomatoes
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tsp sugar
- ☐ 1 handful basil
- ☐ 250 g penne pasta

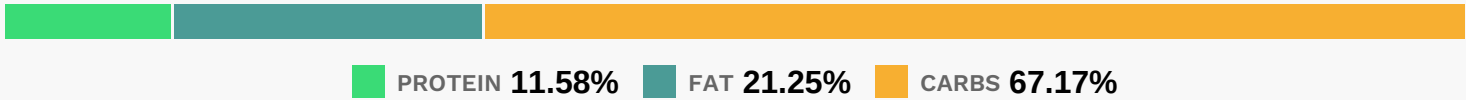
# Equipment

- ☐ bowl
- ☐ oven

# Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Toss the aubergine chunks with the oil and whole garlic cloves in a roasting tin with some seasoning. Roast for 10 mins, add the tomatoes, vinegar and sugar, then cook for another 5 mins. Meanwhile, cook the pasta, then drain.
- ☐ When the veg is tender remove the garlic cloves, snip off their ends and squeeze the roasted garlic onto a board. Mash with a fork, then stir this garlic paste back into the veg with the basil leaves squashing most of the tomatoes as you go. Tip in the cooked pasta, stir everything together in the roasting tin, divide between 2 bowls, then scatter with a few more basil leaves to serve.

# Nutrition Facts



# Properties

Glycemic Index:146.05, Glycemic Load:41.93, Inflammation Score:-9, Nutrition Score:27.982608961022%

# Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

# Nutrients (% of daily need)

Calories: 691.59kcal (34.58%), Fat: 16.49g (25.37%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 117.29g (39.1%), Net Carbohydrates: 105.29g (38.29%), Sugar: 18.48g (20.53%), Cholesterol: 0mg (0%), Sodium: 31.27mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Selenium: 80.88µg (115.54%), Manganese: 1.91mg (95.36%), Vitamin C: 40.35mg (48.91%), Fiber: 12g (48%), Phosphorus: 339.88mg (33.99%), Copper: 0.67mg (33.71%), Potassium: 1154.28mg (32.98%), Magnesium: 114.16mg (28.54%), Vitamin B6: 0.53mg (26.36%), Vitamin E:

3.69mg (24.61%), Vitamin K: 24.97µg (23.78%), Folate: 93.15µg (23.29%), Vitamin B3: 4.44mg (22.2%), Iron: 3.39mg (18.84%), Vitamin B1: 0.26mg (17.48%), Vitamin A: 839.19IU (16.78%), Zinc: 2.39mg (15.92%), Vitamin B5: 1.4mg (13.96%), Vitamin B2: 0.2mg (11.6%), Calcium: 72.88mg (7.29%)