



Sichuan Eggplant Linguine



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces pasta uncooked
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 cups baby eggplant chopped
- ☐ 0.8 cup pasta sauce
- ☐ 1 teaspoons chili sauce hot chinese (Szechuan)
- ☐ 0.5 teaspoon ginger freshly grated

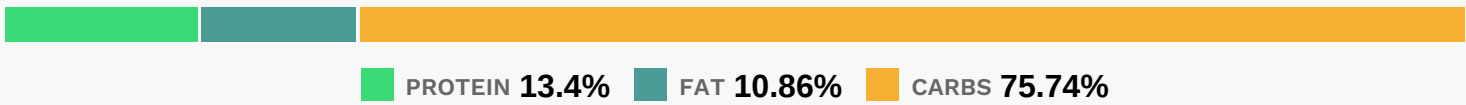
Equipment

- ☐ sauce pan

Directions

- ☐ Cook linguine as directed on package.
- ☐ While linguine is cooking, heat oil in 1-quart saucepan over medium-high heat. Sauté eggplant in oil. Stir in spaghetti and Sichuan (Szechuan) sauces; reduce heat to medium. Cook 2 minutes, stirring occasionally, until hot.
- ☐ Drain linguine and toss with eggplant sauce.
- ☐ Sprinkle with gingerroot.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:20.14, Inflammation Score:-7, Nutrition Score:15.926956342614%

Flavonoids

Delphinidin: 152.05mg, Delphinidin: 152.05mg, Delphinidin: 152.05mg, Delphinidin: 152.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 299.35kcal (14.97%), Fat: 3.71g (5.71%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 58.23g (19.41%), Net Carbohydrates: 49.65g (18.05%), Sugar: 11.39g (12.65%), Cholesterol: 0mg (0%), Sodium: 476mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.61%), Selenium: 36.95µg (52.78%), Manganese: 1.03mg (51.55%), Fiber: 8.59g (34.34%), Potassium: 816.97mg (23.34%), Copper: 0.42mg (20.88%), Phosphorus: 176.02mg (17.6%), Magnesium: 69.19mg (17.3%), Vitamin B6: 0.32mg (16.22%), Vitamin B3: 3.07mg (15.35%), Folate: 57.79µg (14.45%), Vitamin E: 2.15mg (14.34%), Vitamin C: 10.76mg (13.04%), Vitamin K: 13.11µg (12.48%), Iron: 2.05mg (11.39%), Vitamin B5: 1.03mg (10.28%), Vitamin B1: 0.14mg (9.64%), Vitamin B2: 0.16mg (9.49%), Vitamin A: 455.63IU (9.11%), Zinc: 1.29mg (8.61%), Calcium: 41.32mg (4.13%)