



HEALTH SCORE

72%

Sicilian aubergine, pine nut & raisin fusilli



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



841 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 1 medium onion red finely sliced
- ☐ 2 garlic clove finely sliced
- ☐ 1 small pepper dried red chopped
- ☐ 1 handful oregano roughly chopped
- ☐ 2 medium eggplant diced
- ☐ 50 g raisins
- ☐ 4 large tomatoes chopped

- ☐ 2 tsp tomato purée
- ☐ 2 tbsp capers rinsed drained roughly chopped
- ☐ 2 tbsp red wine vinegar
- ☐ 400 g rotini pasta
- ☐ 1 small handful mint leaves roughly chopped
- ☐ 50 g pinenuts toasted
- ☐ 4 servings pecorino cheese parmesan-style (try Bookhams 'Not just a pasta cheese')

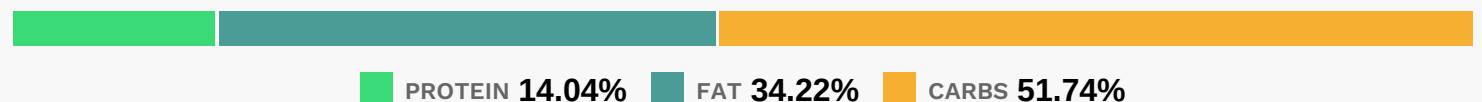
Equipment

- ☐ frying pan

Directions

- ☐ In a heavy based pan, heat tbsp of oil and gently cook the onion, garlic and chilli until soft with half the oregano.
- ☐ Meanwhile, heat 3–4 tbsp of oil in another frying pan and start browning the aubergines. Once cooked, add to the onion mixture. Fry the raisins in another tbsp oil and, when they have puffed up, add to the aubergine mix.
- ☐ Add the tomatoes, pure and rest of the oregano. Cook on a medium heat for 15–20 mins so all the flavours come together.
- ☐ Finally add the capers and the vinegar and leave on a low heat while you cook the pasta in plenty of boiling, salted water. If the mixture becomes very thick add 100ml of water. Toss the pasta through the aubergine sauce and sprinkle with fresh mint and the pine nuts.
- ☐ Let everyone grate over their own cheese.

Nutrition Facts



Properties

Glycemic Index:64.45, Glycemic Load:40.1, Inflammation Score:-10, Nutrition Score:36.208260992299%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg

Nutrients (% of daily need)

Calories: 841.33kcal (42.07%), Fat: 32.75g (50.39%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 111.44g (37.15%), Net Carbohydrates: 97g (35.27%), Sugar: 17.54g (19.48%), Cholesterol: 20.4mg (6.8%), Sodium: 626.67mg (27.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.47%), Manganese: 2.89mg (144.54%), Selenium: 71.23µg (101.76%), Phosphorus: 590.36mg (59.04%), Fiber: 14.44g (57.74%), Calcium: 438.72mg (43.87%), Copper: 0.84mg (41.86%), Potassium: 1453.14mg (41.52%), Vitamin C: 34.01mg (41.22%), Magnesium: 160.22mg (40.05%), Vitamin K: 41.01µg (39.06%), Vitamin A: 1877.62IU (37.55%), Vitamin E: 5.17mg (34.45%), Vitamin B6: 0.6mg (30.1%), Folate: 110.62µg (27.66%), Vitamin B3: 5.17mg (25.84%), Zinc: 3.85mg (25.64%), Vitamin B1: 0.34mg (22.41%), Iron: 4.03mg (22.38%), Vitamin B2: 0.35mg (20.64%), Vitamin B5: 1.48mg (14.76%), Vitamin B12: 0.36µg (6%)