



Sicilian Pasta with Eggplant

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



721 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup pecorino freshly grated
- 1 pound eggplant (6 medium)
- 1.3 cups olive oil
- 56 ounce canned tomatoes whole canned
- 4 servings basil fresh
- 1 pound ziti
- 3 garlic clove

Equipment

- bowl
- frying pan
- paper towels
- sieve
- slotted spoon
- colander

Directions

- Peel garlic. Trim stem ends of eggplants. Halve eggplants lengthwise and cut crosswise into 1/2-inch-thick slices. In a large sieve drain tomatoes.
- Transfer tomatoes to a bowl and squeeze to break into smaller pieces.
- In a 6-quart kettle bring 5 quarts salted water to a boil for pasta.
- In a 12-inch heavy skillet heat 1 cup oil over moderately high heat until hot but not smoking. Fry eggplant in 2 batches, turning, until golden brown on both sides.
- Transfer eggplant as fried with a slotted spoon to paper towels to drain, arranging it in one layer. Season eggplant with salt and pepper.
- Pour off oil from skillet and wipe clean with paper towels.
- Add remaining 1/4 cup oil to skillet and cook garlic over low heat, stirring, until golden. Stir in tomatoes with any juices that have accumulated in bowl and simmer, stirring frequently, until slightly thickened, about 15 minutes. Season sauce with salt and pepper.
- While sauce is simmering, cook pasta until al dente. Reserve 1 cup pasta cooking water and drain pasta in a colander.
- Transfer half of tomato sauce with half of ricotta salata to a large bowl and toss with pasta and half of eggplant, adding some reserved pasta cooking water if sauce becomes too thick.
- Transfer pasta to a serving bowl and top with remaining sauce and eggplant and some of remaining cheese.
- Garnish pasta with basil and serve remaining cheese on the side.

Nutrition Facts



PROTEIN 13.33% **FAT 26.99%** **CARBS 59.68%**

Properties

Glycemic Index:49.75, Glycemic Load:35.62, Inflammation Score:-8, Nutrition Score:31.855217399804%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 720.59kcal (36.03%), Fat: 21.99g (33.83%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 109.43g (36.48%), Net Carbohydrates: 98.35g (35.76%), Sugar: 16.63g (18.48%), Cholesterol: 23.72mg (7.91%), Sodium: 616.42mg (26.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.87%), Selenium: 79.47µg (113.53%), Manganese: 1.67mg (83.6%), Vitamin C: 40.47mg (49.05%), Fiber: 11.08g (44.32%), Phosphorus: 394.98mg (39.5%), Potassium: 1322.6mg (37.79%), Vitamin B6: 0.75mg (37.39%), Copper: 0.72mg (35.88%), Vitamin E: 5.18mg (34.51%), Iron: 5.94mg (32.99%), Magnesium: 126.59mg (31.65%), Vitamin K: 32.57µg (31.02%), Vitamin B3: 5.57mg (27.86%), Calcium: 261.06mg (26.11%), Vitamin B2: 0.42mg (24.88%), Vitamin B1: 0.34mg (22.41%), Folate: 84.12µg (21.03%), Zinc: 2.92mg (19.45%), Vitamin A: 803.07IU (16.06%), Vitamin B5: 1.39mg (13.92%), Vitamin B12: 0.16µg (2.63%)