



Sicilian Penne with Swordfish and Eggplant

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



720 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 4 japanese eggplants ends trimmed thinly sliced lengthwise cut into squares
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 1 pound penne pasta

- ☐ 0.5 teaspoon chili flakes (red plus more to taste)
- ☐ 1 pound swordfish steaks (skinless cut into 1-inch cubes)
- ☐ 0.3 cup white wine
- ☐ 2 cups cherry tomatoes (red yellow halved (, or a blend)

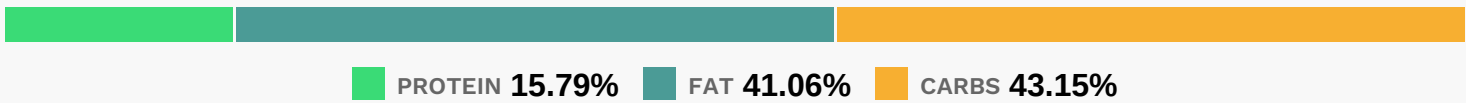
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta.
- ☐ Meanwhile, place a large, heavy skillet over medium-high heat.
- ☐ Add the 1/3 cup olive oil, garlic, red chili flakes, and 1/4 cup parsley. Stir and cook until fragrant, about 1 to 2 minutes.
- ☐ Add the eggplant and cook until tender, about 5 minutes.
- ☐ Remove the eggplant from the pan and set aside. Season the swordfish cubes with salt and pepper.
- ☐ Using the same pan, over medium-high heat, add the 2 remaining tablespoons of olive oil and cook the swordfish until opaque, about 5 minutes.
- ☐ Add the white wine and cook until almost evaporated, about 2 minutes. Turn off the heat.
- ☐ Add the tomatoes, eggplant, cooked pasta, the remaining 1/3 cup parsley and stir.
- ☐ Drizzle with extra-virgin olive oil and sprinkle with the salt and pepper. Stir to combine.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:25.58, Inflammation Score:-9, Nutrition Score:34.733913421631%

Flavonoids

Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg, Delphinidin: 261.64mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 719.61kcal (35.98%), Fat: 32.83g (50.51%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 77.64g (25.88%), Net Carbohydrates: 65.48g (23.81%), Sugar: 14.21g (15.79%), Cholesterol: 49.9mg (16.63%), Sodium: 373.65mg (16.25%), Alcohol: 1.37g (100%), Alcohol %: 0.32% (100%), Protein: 28.41g (56.82%), Selenium: 92.61µg (132.3%), Manganese: 1.54mg (77.11%), Vitamin D: 10.51µg (70.05%), Vitamin K: 69.54µg (66.23%), Fiber: 12.16g (48.65%), Vitamin B3: 9.48mg (47.39%), Vitamin E: 6.63mg (44.23%), Phosphorus: 429.89mg (42.99%), Vitamin B6: 0.85mg (42.27%), Potassium: 1328.3mg (37.95%), Magnesium: 112.85mg (28.21%), Copper: 0.55mg (27.32%), Vitamin C: 21.84mg (26.47%), Folate: 92.82µg (23.2%), Vitamin B12: 1.29µg (21.42%), Vitamin B1: 0.27mg (17.88%), Vitamin B5: 1.54mg (15.42%), Iron: 2.73mg (15.15%), Zinc: 2.19mg (14.63%), Vitamin A: 665.33IU (13.31%), Vitamin B2: 0.22mg (12.79%), Calcium: 62.06mg (6.21%)