



## Slow-Cooker Eggplant and Tomato Sauce with Pasta

READY IN



255 min.

SERVINGS



6

CALORIES



397 kcal

SAUCE

### Ingredients

- 28 oz canned tomatoes diced organic drained canned
- 6 oz canned tomatoes canned
- 0.5 cup red wine
- 1 lb eggplant cut into 1/2-inch cubes
- 1 onion finely chopped
- 2 cloves garlic finely chopped
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

- 16 oz rotini pasta
- 1 serving parmesan shredded

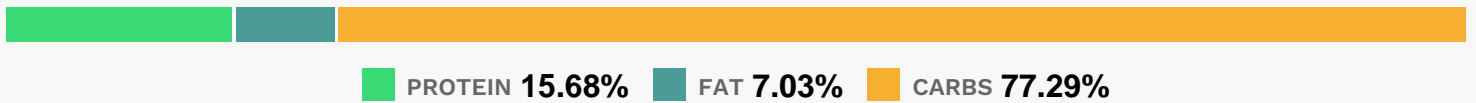
## Equipment

- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except pasta and cheese.
- Cover; cook on Low heat setting 4 hours or until eggplant is soft and sauce is thick.
- About 15 minutes before serving, cook and drain pasta as directed on package. Toss pasta with eggplant and tomato sauce.
- Garnish individual servings with cheese.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:27.23, Inflammation Score:-8, Nutrition Score:20.473043645854%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 65.18mg, Delphinidin: 65.18mg, Delphinidin: 65.18mg, Delphinidin: 65.18mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 397.08kcal (19.85%), Fat: 3.06g (4.7%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 75.56g (25.19%), Net Carbohydrates: 67.35g (24.49%), Sugar: 12.72g (14.13%), Cholesterol: 3.4mg (1.13%), Sodium: 493.78mg (21.47%), Alcohol: 2.12g (100%), Alcohol %: 0.75% (100%), Protein: 15.33g (30.66%), Selenium: 50.38µg (71.98%), Manganese: 1.25mg (62.38%), Fiber: 8.21g (32.86%), Copper: 0.59mg (29.49%), Phosphorus: 259.07mg (25.91%), Potassium: 877.42mg (25.07%), Vitamin B6: 0.47mg (23.28%), Magnesium: 90.37mg (22.59%), Vitamin C: 18.12mg (21.96%), Iron: 3.56mg (19.77%), Vitamin B3: 3.84mg (19.21%), Vitamin E: 2.39mg (15.96%), Vitamin B1: 0.23mg (15.47%), Calcium: 149.57mg (14.96%), Folate: 55.98µg (13.99%), Vitamin K: 13.56µg (12.92%), Zinc: 1.84mg (12.26%), Vitamin B2: 0.19mg (11.03%), Vitamin B5: 1.05mg (10.45%), Vitamin A: 408.36IU (8.17%)