



Slow-Cooker Eggplant and Tomato Sauce with Pasta

 Dairy Free

READY IN



430 min.

SERVINGS



6

CALORIES



377 kcal

SAUCE

Ingredients

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

- 6 servings salt
- 6 oz tomato paste canned

Equipment

- pot
- slow cooker

Directions

- Combine tomatoes, tomato paste, wine or water, eggplant, onion, garlic, oregano and 1/2 tsp. salt in slow cooker and cook on low until eggplant is soft and sauce is thick, 5 to 7 hours.
- Just before sauce is done, bring a large pot of salted water to boil over high heat.
- Add pasta and cook until al dente, about 10 minutes.
- Drain pasta, toss with sauce and serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:27.19, Inflammation Score:-8, Nutrition Score:19.743913339532%

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: 377.48kcal (18.87%), Fat: 1.76g (2.72%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 75.4g (25.13%), Net Carbohydrates: 67.19g (24.43%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 413.68mg (17.99%), Alcohol: 2.12g (100%), Alcohol %: 0.76% (100%), Protein: 13.54g (27.09%), Selenium: 49.26µg (70.37%), Manganese: 1.25mg (62.33%), Fiber: 8.21g (32.86%), Copper: 0.59mg (29.41%), Potassium: 872.82mg (24.94%), Vitamin B6: 0.46mg (23.06%), Phosphorus: 224.37mg (22.44%), Magnesium: 88.17mg (22.04%), Vitamin C: 18.12mg (21.96%), Iron: 3.52mg (19.54%), Vitamin B3: 3.83mg (19.14%), Vitamin E: 2.38mg (15.89%), Vitamin B1: 0.23mg (15.34%), Folate: 55.63µg (13.91%), Vitamin K: 13.48µg (12.84%), Zinc: 1.7mg (11.34%), Vitamin B5: 1.02mg (10.22%), Vitamin B2: 0.17mg (10.05%), Calcium: 90.37mg (9.04%), Vitamin A: 369.31IU (7.39%)