



Spaghetti with Eggplant, Ricotta and Tomatoes

READY IN



26 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pint cherry tomatoes quartered
- ☐ 1.5 lb eggplant ends trimmed sliced into 1/4-inch-thick rounds
- ☐ 0.5 cup basil fresh finely chopped
- ☐ 1 small clove garlic finely chopped
- ☐ 5 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1.5 cups ricotta
- ☐ 6 servings salt

- ☐ 6 servings salt and pepper
- ☐ 1 pound pasta like spaghetti

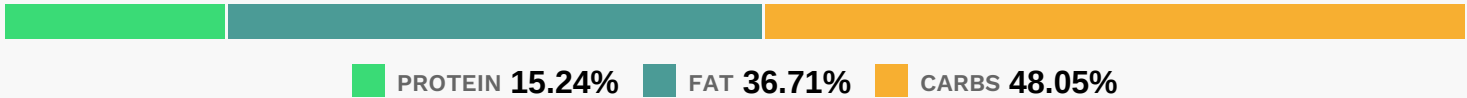
Equipment

- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ broiler

Directions

- ☐ Lay eggplant on paper towels and season with salt.
- ☐ Let stand 15 minutes. Bring a large pot of salted water to a boil. Preheat gas grill or broiler to high.
- ☐ Blot eggplant dry with a paper towel.
- ☐ Brush on both sides with 3 Tbsp. oil. Grill or broil, turning once, until browned and softened, 6 to 8 minutes total. Set aside to cool slightly, then coarsely chop.
- ☐ Cook spaghetti as package label directs until al dente, about 8 minutes.
- ☐ Drain pasta, reserving 1/4 cup cooking liquid. Toss spaghetti with eggplant, tomatoes, basil, garlic, Parmesan, remaining 2 Tbsp. oil and 1/2 tsp. each salt and pepper, adding cooking water as necessary to moisten. Toss with ricotta and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:24.32, Inflammation Score:-8, Nutrition Score:20.738695730334%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 567.9kcal (28.4%), Fat: 23.31g (35.87%), Saturated Fat: 8.38g (52.38%), Carbohydrates: 68.65g (22.88%), Net Carbohydrates: 62.24g (22.63%), Sugar: 8.23g (9.14%), Cholesterol: 37.29mg (12.43%), Sodium: 589.04mg (25.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Selenium: 59.46µg (84.94%), Manganese: 1.08mg (53.84%), Phosphorus: 349.86mg (34.99%), Calcium: 266.56mg (26.66%), Fiber: 6.42g (25.66%), Vitamin C: 20.99mg (25.44%), Vitamin K: 22.41µg (21.34%), Copper: 0.39mg (19.73%), Potassium: 681.06mg (19.46%), Magnesium: 74.94mg (18.74%), Vitamin E: 2.65mg (17.65%), Vitamin A: 858.25IU (17.16%), Zinc: 2.33mg (15.53%), Vitamin B6: 0.31mg (15.42%), Vitamin B2: 0.26mg (15.02%), Folate: 58.21µg (14.55%), Vitamin B3: 2.55mg (12.75%), Iron: 2.22mg (12.36%), Vitamin B1: 0.15mg (10.24%), Vitamin B5: 0.92mg (9.23%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.17µg (1.1%)