



Spaghetтини with Pesto Tomatoes and Grilled Eggplant

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups basil leaves loosely packed coarsely chopped ()
- ☐ 1.3 pound eggplant sliced
- ☐ 2 medium garlic cloves smashed
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 6 ounces ricotta salata sliced
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.8 pound spaghetтини

- ☐ 1 pint cherry tomatoes red yellow halved quartered

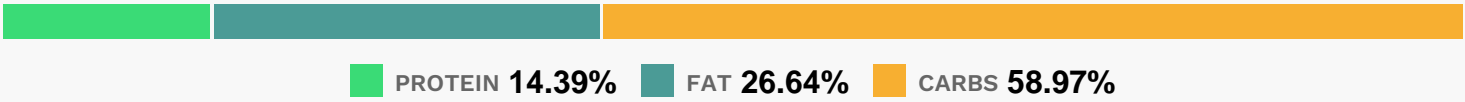
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ In a mortar, pound the garlic to a very coarse paste with a pestle.
- ☐ Add the chopped basil in 2 batches and pound to a coarse paste. Stir in 3/4 cup of the olive oil. Season the pesto with salt and pepper, then transfer all but 3 tablespoons to a large bowl.
- ☐ Add the yellow and red cherry tomatoes to the bowl. Season with salt and pepper and let stand for 15 minutes.
- ☐ Meanwhile, light a grill.
- ☐ Brush the eggplant with the remaining 2 tablespoons of olive oil and season lightly with salt. Grill the eggplant over a medium-hot fire, turning occasionally, until tender and browned, 8 to 10 minutes.
- ☐ Brush the eggplant with 2 tablespoons of the reserved pesto and grill for 30 seconds longer per side.
- ☐ Transfer to a plate and cover loosely with foil.
- ☐ Brush the ricotta salata with the remaining tablespoon of reserved pesto and grill until the cheese is lightly charred, about 30 seconds per side.
- ☐ Add to the plate with the eggplant.
- ☐ In a large pot of boiling salted water, cook the spaghettini until al dente. Reserve 2 tablespoons of the cooking water; drain the pasta and transfer to a large bowl.
- ☐ Add the pesto-marinated tomatoes and the reserved cooking water and toss well. Season with salt and pepper. Arrange the eggplant on plates and top with the spaghettini.
- ☐ Garnish with the ricotta salata and serve.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:18.22, Inflammation Score:-7, Nutrition Score:16.007391235103%

Flavonoids

Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 346.2kcal (17.31%), Fat: 10.37g (15.95%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 46.3g (16.84%), Sugar: 4.96g (5.51%), Cholesterol: 14.46mg (4.82%), Sodium: 241.63mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.2%), Selenium: 40.71µg (58.16%), Manganese: 0.94mg (47.23%), Vitamin K: 40.14µg (38.23%), Fiber: 5.35g (21.4%), Phosphorus: 209.03mg (20.9%), Copper: 0.36mg (18%), Potassium: 603.78mg (17.25%), Folate: 63.53µg (15.88%), Magnesium: 61.24mg (15.31%), Vitamin C: 10.93mg (13.25%), Vitamin B3: 2.62mg (13.08%), Vitamin B6: 0.24mg (12.05%), Vitamin A: 569.98IU (11.4%), Zinc: 1.58mg (10.51%), Calcium: 103.91mg (10.39%), Vitamin B2: 0.17mg (9.91%), Iron: 1.75mg (9.73%), Vitamin B1: 0.13mg (8.57%), Vitamin E: 1.22mg (8.13%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.1µg (1.61%)