



Tomato & aubergine pasta

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta shapes
- ☐ 2 tbsp olive oil
- ☐ 1 large aubergine cut into cubes
- ☐ 2 garlic cloves sliced
- ☐ 1 pinch sugar
- ☐ 8 large tomatoes ripe roughly chopped
- ☐ 2 tbsp capers rinsed
- ☐ 1 handful flat-leaf parsley roughly chopped

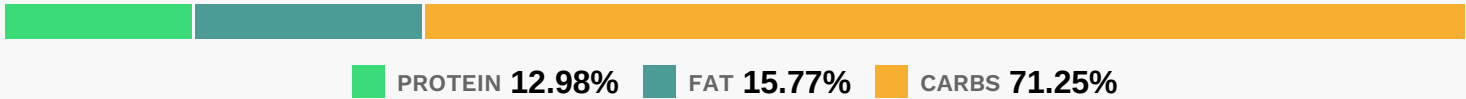
Equipment

☐ frying pan

Directions

- ☐ Boil the pasta according to pack instructions. Meanwhile, heat the oil in a frying pan and fry the aubergine for 5 mins. Season to taste.
- ☐ Add garlic and sugar, and fry for another 2 mins until the garlic is softened. Tip the tomatoes, capers and parsley into the pan, warm through briefly then fold through the cooked, drained pasta.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:35.05, Inflammation Score:-10, Nutrition Score:30.565217412036%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 531.57kcal (26.58%), Fat: 9.5g (14.61%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 96.58g (32.19%), Net Carbohydrates: 85.38g (31.05%), Sugar: 16.58g (18.42%), Cholesterol: 0mg (0%), Sodium: 146.51mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Selenium: 63.81µg (91.16%), Manganese: 1.63mg (81.38%), Vitamin C: 54.37mg (65.9%), Vitamin A: 3148.76IU (62.98%), Vitamin K: 54.56µg (51.96%), Fiber: 11.21g (44.82%), Potassium: 1361.23mg (38.89%), Copper: 0.62mg (30.93%), Phosphorus: 307.14mg (30.71%), Magnesium: 111.36mg (27.84%), Vitamin B6: 0.55mg (27.49%), Folate: 100.34µg (25.09%), Vitamin B3: 4.66mg (23.28%), Vitamin E: 3.47mg (23.16%), Vitamin B1: 0.27mg (18.26%), Iron: 2.74mg (15.25%), Zinc: 2.25mg (15.03%), Vitamin B5: 1.09mg (10.91%), Vitamin B2: 0.18mg (10.6%), Calcium: 73.59mg (7.36%)