



Whole-Wheat Penne with Eggplant-Tomato Sauce

 Vegetarian

READY IN



380 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 oz canned tomatoes crushed canned
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 1 medium eggplant peeled cut into 1/2-inch dice
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 10 ounce mushrooms chopped

- ☐ 1 small onion finely chopped
- ☐ 6 servings salt
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 1 pound penne pasta whole-wheat

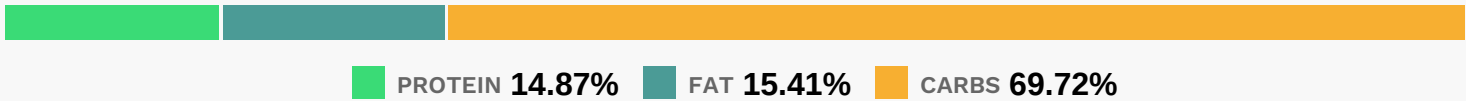
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Mist a slow-cooker insert with cooking spray.
- ☐ Combine butter, onion, celery, carrot and garlic in slow cooker.
- ☐ Add eggplant, mushrooms and 1 tsp. salt. Stir in tomatoes, cover and cook on high for 4 hours or on low for 6 hours. Stir once or twice during cooking.
- ☐ Bring a large pot of salted water to a boil and cook penne until just tender, about 10 minutes.
- ☐ Drain pasta, toss with sauce, sprinkle with basil (and grated Parmesan, if desired) and serve.

Nutrition Facts



Properties

Glycemic Index:50.97, Glycemic Load:4.36, Inflammation Score:-9, Nutrition Score:15.706086959528%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 368.52kcal (18.43%), Fat: 6.4g (9.85%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 53.82g (19.57%), Sugar: 12.12g (13.46%), Cholesterol: 10.03mg (3.34%), Sodium: 385.77mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Fiber: 11.34g (45.34%), Vitamin A: 2200.02IU (44%), Manganese: 0.5mg (24.92%), Copper: 0.47mg (23.59%), Potassium: 785.7mg (22.45%), Vitamin C: 16.85mg (20.42%), Vitamin B3: 3.97mg (19.84%), Vitamin B2: 0.3mg (17.81%), Vitamin B6: 0.35mg (17.63%), Vitamin K: 17.51µg (16.68%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 1.36mg (13.58%), Iron: 2.24mg (12.46%), Folate: 49.41µg (12.35%), Vitamin B1: 0.18mg (12.15%), Magnesium: 45.38mg (11.35%), Phosphorus: 112.28mg (11.23%), Selenium: 5.63µg (8.05%), Calcium: 65.89mg (6.59%), Zinc: 0.8mg (5.31%), Vitamin D: 0.16µg (1.1%)