



WHATSheATE



Whole-Wheat Penne with Sausage, Eggplant and Olives

 Dairy Free

READY IN



63 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup olives green black chopped
- ☐ 28 oz canned tomatoes whole canned
- ☐ 2 links mild chicken sausage
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 small eggplant chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon olive oil extra-virgin

- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon sugar
- ☐ 8 oz penne pasta whole-wheat cooked

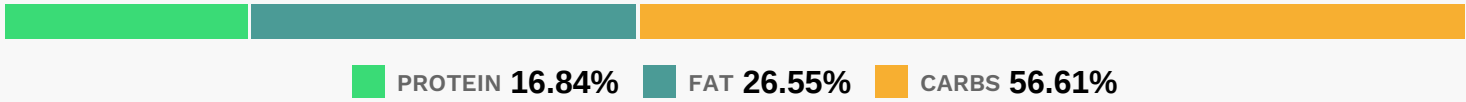
Equipment

- ☐ pot
- ☐ spatula

Directions

- ☐ In a large, heavy pot, warm olive oil over medium-high heat.
- ☐ Add sausage and garlic; saut, stirring, until sausage has browned, about 5 minutes.
- ☐ Stir in eggplant, olives, tomatoes, sugar and crushed red pepper. Season with salt and pepper. Using a spatula, break tomatoes into chunks. Bring sauce to a boil, reduce heat and simmer until eggplant is soft, 30 to 40 minutes.
- ☐ Serve pasta with sauce.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:5.82, Inflammation Score:-7, Nutrition Score:15.260000052659%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 413.29kcal (20.66%), Fat: 12.64g (19.44%), Saturated Fat: 2.08g (13%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 48.54g (17.65%), Sugar: 15.61g (17.34%), Cholesterol: 30mg (10%), Sodium: 1246.01mg (54.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.07%), Fiber: 12.09g (48.36%), Manganese: 0.64mg (32.2%), Vitamin C: 21.61mg (26.19%), Vitamin E: 3.87mg (25.82%), Potassium: 858.62mg (24.53%), Copper: 0.49mg (24.33%), Vitamin B6: 0.41mg (20.64%), Iron: 3.36mg (18.65%), Vitamin B3: 3.24mg (16.21%), Vitamin K: 15.59µg (14.84%), Magnesium: 58.57mg (14.64%), Vitamin A: 728.58IU (14.57%), Vitamin B1: 0.2mg (13.34%), Folate: 51.72µg

(12.93%), Phosphorus: 93.41mg (9.34%), Calcium: 91.39mg (9.14%), Vitamin B5: 0.88mg (8.84%), Vitamin B2: 0.15mg (8.78%), Zinc: 0.74mg (4.95%), Selenium: 1.88µg (2.68%)