



Ziti, Eggplant, and Fontina Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



948 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds eggplant peeled cut into 1/4-inch dice
- ☐ 2 cups fontina grated
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 7 tablespoons olive oil
- ☐ 1.3 teaspoons salt
- ☐ 1 pound ziti

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ In a large nonstick frying pan, heat 4 tablespoons of the oil over moderately high heat.
- ☐ Add the eggplant and 3/4 teaspoon of the salt and cook, stirring frequently, until the eggplant is soft, 10 to 15 minutes. Stir in the garlic, parsley, and 1/4 teaspoon of the pepper and cook 3 minutes longer.
- ☐ Heat the broiler. In a large pot of boiling, salted water, cook the pasta until just done, about 10 to 15 minutes.
- ☐ Drain.
- ☐ Toss the pasta with the eggplant, the remaining 3 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add the cheese and toss again.
- ☐ Transfer the pasta to a shallow baking dish or gratin dish. Broil until the cheese melts and starts to brown, 2 to 3 minutes.
- ☐ Eggplant Controversies: *Cooks in Italy, as everywhere, disagree about whether or not eggplant should be peeled. It seems to be a matter of personal preference, but keep in mind that an eggplant that is overgrown or has been stored for a long time will have a tough skin that will not soften during cooking. It's often a good idea to peel it.: *Whether or not to salt and drain eggplant before cooking remains a matter of dispute, too. Some say you should salt slices heavily and drain them on paper towels for an hour to rid the eggplant of any bitterness; others feel it's an unnecessary step. What is indisputably true is that eggplant that has been salted and drained will absorb less oil during frying than eggplant that has not.
- ☐ Wine Recommendation: Though dolcetto translates as little sweet one, that refers to the grape; the wine is delightfully dry. It will make an ideal partner for this tasty dish.

Nutrition Facts



 **PROTEIN 14.21%**  **FAT 44.54%**  **CARBS 41.25%**

Properties

Glycemic Index:48.25, Glycemic Load:36.23, Inflammation Score:-8, Nutrition Score:29.196956790012%

Flavonoids

Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 947.58kcal (47.38%), Fat: 47.13g (72.52%), Saturated Fat: 16.44g (102.77%), Carbohydrates: 98.21g (32.74%), Net Carbohydrates: 88.44g (32.16%), Sugar: 11.1g (12.33%), Cholesterol: 76.56mg (25.52%), Sodium: 1267.96mg (55.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.68%), Selenium: 82.06µg (117.23%), Manganese: 1.57mg (78.66%), Vitamin K: 73.16µg (69.68%), Phosphorus: 494.74mg (49.47%), Calcium: 413.33mg (41.33%), Fiber: 9.78g (39.1%), Vitamin E: 4.45mg (29.68%), Zinc: 4.28mg (28.54%), Copper: 0.52mg (25.89%), Magnesium: 99.44mg (24.86%), Potassium: 775.91mg (22.17%), Vitamin B6: 0.4mg (20.23%), Vitamin B12: 1.11µg (18.48%), Folate: 72.68µg (18.17%), Vitamin A: 902.45IU (18.05%), Vitamin B3: 3.37mg (16.84%), Vitamin B2: 0.28mg (16.54%), Iron: 2.46mg (13.68%), Vitamin B5: 1.35mg (13.54%), Vitamin B1: 0.2mg (13.28%), Vitamin C: 8.82mg (10.7%), Vitamin D: 0.4µg (2.64%)