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Pasta Melanzana ·

Pasta Melanzana is a classic Italian dish made with eggplant and pasta. It is a vegetarian recipe that is loved by many. The dish originated in Southern Italy and is known for its rich flavors and hearty texture. The eggplant is roasted until tender and then combined with cooked pasta, tomatoes, garlic, and herbs. It is a comforting and satisfying meal that can be enjoyed any time of the year.

Recipe Type: Vegetarian Prep Time: 20 mins

Cook Time: 40 mins Total Time: 60 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

| 500 g | eggplant |
|----------|----------|
| 250 g | pasta |
| 400 g | Tomatoes |
| 4 cloves | garlic |

| 2 tbsp | olive oil |
|---------------|-----------------|
| 10 leaves | Basil |
| 50 g | parmesan cheese |
| 1 teaspoon | Salt |
| 1 teaspoon | Pepper |

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Cutting

Slice the eggplant into 1/2-inch thick rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Oven

Place the eggplant slices on a baking sheet and brush both sides with olive oil. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Oven

Roast the eggplant in the preheated oven for 25-30 minutes, or until tender and golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Boiling

While the eggplant is roasting, cook the pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Stove

In a large skillet, heat 2 tablespoons of olive oil over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Stove

Add the tomatoes to the skillet and cook until they start to break down, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Stove

Add the roasted eggplant slices to the skillet and stir to combine. Cook for an additional 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 9

Stove

Add the cooked pasta to the skillet and toss to coat in the sauce. Cook for another 2-3 minutes, until heated through.

Prep Time: 0 mins

Cook Time: 3 mins

Step 10



Serve the Pasta Melanzana hot, garnished with fresh basil leaves and grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 7 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 50 g | 90.91% | 100% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------------|--------------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 7 g | 25% | 28% |
| Cholesterol | 5 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
|----------|-------|------------------------------|--------------------------------|

| Vitamin A | 10 iu | 1.11% | 1.43% |
|-------------|-------|---------|---------|
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 5 mg | 33.33% | 33.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 5 mg | 45.45% | 62.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

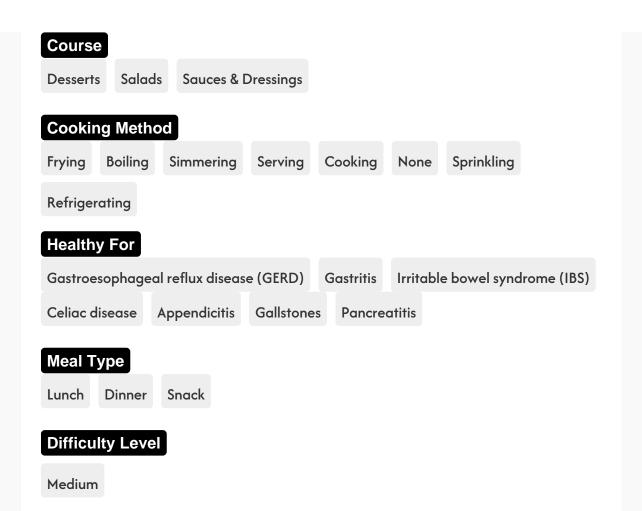
Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill



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