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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

Serving

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)
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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

Course

Desserts

Salads

Sauces & Dressings

Cooking Method

Frying

Boiling

Simmering

Serving

Cooking

None

Sprinkling

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Irritable bowel syndrome (IBS)

Celiac disease

Appendicitis

Gallstones

Pancreatitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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