

Eggplant Calabrese

www.TuttoRossoTomatoes.com/Italian13

Servings: 6

1 eggplant, peeled and cut into one-inch cubes
1/2 teaspoon salt
1/3 cup extra-virgin olive oil
2 tablespoons butter
1 small onion, chopped
2 cloves garlic, minced
1 package fresh button mushrooms, cleaned and sliced
salt and black pepper (to taste)
1 can (35 ounce) TuttoRosso crushed tomatoes in thick puree' with basil
1 box (16 ounce) bow tie pasta, cooked and drained
1 cup mozzarella cheese, shredded

Preparation Time: 15 minutes

Cook Time: 1 hour

Place the eggplant in a bowl and sprinkle with salt. Stir to coat.

In a skillet, heat the olive oil and butter over medium heat. Add the onion and garlic. Saute' until lightly browned.

Add the eggplant, mushrooms, salt and black pepper. Cook for 25 minutes or until the eggplant is tender.

Add the tomatoes to the eggplant and mushrooms. Stir to combine and simmer for 20 minutes.

Place the pasta in the bottom of a serving dish. Pour the eggplant mixture over the pasta. Sprinkle the cheese on top as a garnish.

Per Serving (excluding unknown items): 227 Calories; 21g Fat (79.1% calories from fat); 5g Protein; 7g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 298mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.

Italian, Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	227	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	12.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	20mcg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 27mg
Carbohydrate (g): 7g
Dietary Fiber (g): 2g
Protein (g): 5g
Sodium (mg): 298mg
Potassium (mg): 214mg
Calcium (mg): 122mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 379IU
Vitamin A (r.e.): 93RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 227 **Calories from Fat:** 180

% Daily Values*

Total Fat 21g 32%
 Saturated Fat 7g 35%
Cholesterol 27mg 9%
Sodium 298mg 12%
Total Carbohydrates 7g 2%
 Dietary Fiber 2g 9%
Protein 5g

Vitamin A 8%
Vitamin C 5%
Calcium 12%
Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.