

Eggplant pasta bake

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Italian	K12 PF deck	VG, NF	12	22.15 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	9 1/2 cup	1 lb 12.97 oz	16%	2 lb 2.41 oz	Eggplant, peeled, small dice 1"	For roasted eggplant: Preheat oven to 425°F. Toss diced eggplant with all ingredients in step 1. Spread in a single layer on a parchment-lined baking sheet. Roast for 20–25 minutes, flipping halfway, or until golden and soft.
	3 tbsp	1.43 oz	0%	1.43 oz	Oil, Olive Blend	
	2 tbsp	0.24 oz	0%	0.24 oz	Seasoning, Italian	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	3/4 tsp	0.06 oz	0%	0.06 oz	Pepper, Black, table grind	
	3/4 tsp	0.06 oz	0%	0.06 oz	Paprika, Smoked, ground	



*Seasoned eggplant
on baking sheet*



Eggplant baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	9 2/3 cup	3 lb 4.80 oz	2%	3 lb 5.71 oz	Tofu, Silken	For ricotta: In a large mixing bowl add all ingredients in step 2. Mix to combine and reserve in cooler until needed.
	3/4 cup	1.44 oz	0%	1.44 oz	Seasoning, Italian	
	1/4 cup	2.07 oz	59%	5.02 oz	Lemons, juice	
	1/4 cup	1.90 oz	0%	1.90 oz	Oil, Olive Blend	
	3 tbsp	1.26 oz	0%	1.26 oz	Garlic, granulated	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	



Ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	18 cup	7 lb 6.80 oz	0%	7 lb 6.80 oz	Pasta, Penne, whole wheat, cooked	Add all ingredients in step 3 and eggplant to ricotta mix. Toss to combine. Transfer pasta mix to a hotel pan and bake at 425°F for 10 minutes
	6 cup	3 lb 4.50 oz	0%	3 lb 4.50 oz	Sauce, Marinara, low sodium, canned	



Ingredients combined



Pasta transferred to hotel pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3/4 cup	2.62 oz	0%	2.63 oz	Bread Crumbs, dry, seasoned, Italian	For breadcrumb topping: In a small mixing bowl, combine all ingredients in step 4.
	2 tbsp	0.95 oz	0%	0.95 oz	Oil, Olive Blend	
	3/4 tsp	0.06 oz	0%	0.06 oz	Paprika, ground	



Ingredients combined

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5					After 10 minutes remove pasta from oven and top with breadcrumbs, and bake for an additional 5-7 minutes or until breadcrumbs are golden brown. Serve 2 cups of eggplant pasta bake per serving.



Pasta topped with breadcrumbs



Pasta baked

RECIPE IMAGES



Eggplant pasta bake

MEMO

*Purchase pre-diced eggplant if available.

Crediting: Each serving provides 3 ounces meat/meat alternate, 3 ounces grain equivalents, 1/4 cup red/orange vegetable and 3/4 cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.62 g		
Total fat	25.10 g	17.53 %	1,266.10 kcal	Salt	0.26 %	Vitamins	
Saturated	3.61 g	2.52 %	5,297.35 kJ	Sodium	639.14 mg	Vitamin A	39.95 µg
Monounsaturated	9.84 g	6.87 %		Phosphorus	1,166.00 mg	Vitamin D	0.00 µg
Polyunsaturated	7.96 g	5.56 %		Potassium	2,109.69 mg	Thiamine	1.38 mg
Trans fatty acids	0.00 g	0.00 %		Iron	19.70 mg	Riboflavin	0.84 mg
Cholesterol	0.00 mg			Calcium	565.22 mg	Niacin	27.37 mg
Linolenic acid	7.22 g	5.04 %		Zinc	10.03 mg	Vitamin B6	1.12 mg
Alpha-linolenic acid	198.41 mg	0.14 %		Chloride	0.00 mg	Vitamin B12	0.02 µg
Total Carbohydrate	229.52 g	73.66 %		Chromium	0.00 µg	Folate	5.09 µg
Sugars total	17.44 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	439.25 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	31.10 g	4.70 %		Iodine	0.00 µg	Vitamin C	17.61 mg
Organic acids	0.00 g	0.00 %		Selenium	231.98 µg	Vitamin E	5.50 mg
Sugar alcohol	0.00 g	0.00 %		Copper	2.09 mg	Vitamin K	20.56 µg
Starch	162.97 g	52.30 %					
Protein	52.83 g	16.95 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	307.41 g

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.