



Baked Garden Ratatouille

READY IN



45 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cremini mushrooms quartered
- ☐ 1 small eggplant trimmed
- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onions sliced
- ☐ 6 plum tomatoes coarsely chopped

- ☐ 12 ounce rustic bread white sliced
- ☐ 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 slices zucchini trimmed

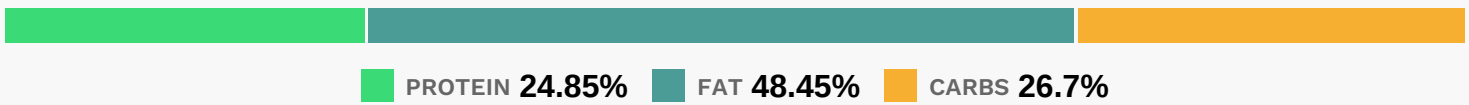
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Cook chicken in large nonstick ovenproof skillet on medium heat 4 min. on each side or until each breast is lightly browned on both sides.
- ☐ Remove from skillet; set aside.
- ☐ Add oil, onions and garlic to skillet; cook and stir 2 min. Stir in remaining vegetables, 1 Tbsp. parsley, rosemary and thyme; cook and stir 4 min. Top with chicken.
- ☐ Bake 15 min. or until chicken is done (165 degrees F). Top with cheese; bake 5 min. or until melted.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:23.56608700234%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg

0.3mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 591.47kcal (29.57%), Fat: 31.86g (49.02%), Saturated Fat: 15.59g (97.45%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 34.01g (12.37%), Sugar: 22.97g (25.52%), Cholesterol: 94.69mg (31.56%), Sodium: 524.5mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.55%), Vitamin B3: 15.79mg (78.94%), Selenium: 44.61µg (63.73%), Vitamin B6: 1.02mg (51.07%), Phosphorus: 413.37mg (41.34%), Vitamin K: 31.85µg (30.34%), Potassium: 978.91mg (27.97%), Fiber: 5.5g (21.99%), Vitamin B5: 2.14mg (21.39%), Vitamin B2: 0.35mg (20.78%), Vitamin C: 15.98mg (19.37%), Folate: 76.64µg (19.16%), Vitamin A: 905.97IU (18.12%), Calcium: 172.11mg (17.21%), Manganese: 0.34mg (17.05%), Magnesium: 66.96mg (16.74%), Vitamin B1: 0.23mg (15.66%), Vitamin B12: 0.88µg (14.62%), Zinc: 2.01mg (13.43%), Iron: 2.39mg (13.28%), Copper: 0.21mg (10.35%), Vitamin E: 1.19mg (7.9%), Vitamin D: 0.24µg (1.58%)