



 **100%**
HEALTH SCORE

Baked Ratatouille

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1032 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large eggplant diced unpeeled
- 4 ounces feta cheese diced
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 5 garlic clove chopped
- 2 bell pepper diced green
- 3 tablespoons olive oil
- 1 onion

- 2 tablespoons red wine vinegar
- 2 large tomatoes chopped
- 1 large zucchini

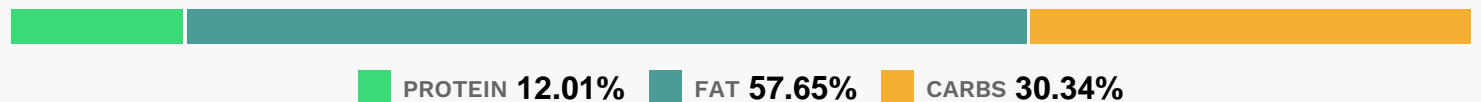
Equipment

- oven
- pot
- dutch oven
- pie form

Directions

- Heat oil in a heavy, large Dutch oven over medium heat.
- Add garlic; stir 1 minute.
- Add eggplant, green bell peppers, tomatoes, onion, zucchini and basil.
- Saute for 5 minutes. Cover and simmer until all vegetables are tender, stirring occasionally, about 25 minutes. Uncover pot and simmer until juice thickens, stirring occasionally, about 10 minutes.
- Mix in vinegar; season to taste with salt and pepper. Preheat oven to 350 degrees.
- Spread in 9-inch pie dish.
- Sprinkle with cheese, if desired.
- Bake until heated through, about 20 minutes. This recipe yields about 3 cups.

Nutrition Facts



Properties

Glycemic Index:317, Glycemic Load:14.43, Inflammation Score:-10, Nutrition Score:66.06347826087%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin:

0.05mg, Apigenin: 0.05mg Luteolin: 11.28mg, Luteolin: 11.28mg, Luteolin: 11.28mg, Luteolin: 11.28mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 32.28mg, Quercetin: 32.28mg, Quercetin: 32.28mg, Quercetin: 32.28mg

Taste

Sweetness: 48.89%, Saltiness: 100%, Sourness: 39.09%, Bitterness: 38.08%, Savoriness: 44.59%, Fattiness: 61.69%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1031.89kcal (51.59%), Fat: 69.71g (107.25%), Saturated Fat: 21.61g (135.09%), Carbohydrates: 82.53g (27.51%), Net Carbohydrates: 54.58g (19.85%), Sugar: 44.41g (49.35%), Cholesterol: 100.92mg (33.64%), Sodium: 1364.23mg (59.31%), Protein: 32.68g (65.36%), Vitamin C: 326.4mg (395.64%), Vitamin K: 203.91µg (194.2%), Manganese: 3.05mg (152.67%), Vitamin B6: 2.57mg (128.58%), Vitamin A: 6412.15IU (128.24%), Fiber: 27.95g (111.81%), Potassium: 3545.01mg (101.29%), Vitamin B2: 1.63mg (95.91%), Folate: 330.64µg (82.66%), Phosphorus: 820.46mg (82.05%), Calcium: 809.3mg (80.93%), Vitamin E: 11.09mg (73.91%), Magnesium: 238.96mg (59.74%), Vitamin B1: 0.86mg (57.18%), Copper: 1.13mg (56.67%), Vitamin B3: 9.31mg (46.53%), Zinc: 6.52mg (43.5%), Vitamin B5: 3.88mg (38.77%), Iron: 6.39mg (35.53%), Vitamin B12: 1.92µg (31.94%), Selenium: 21.78µg (31.12%), Vitamin D: 0.45µg (3.02%)