



## Crescent-Topped Ratatouille Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 oz tomato sauce canned
- 14.5 oz tomatoes diced undrained canned
- 0.5 teaspoon basil dried
- 1.3 lb eggplant cut into 3/4-inch cubes (4 cups)
- 1 tablespoon parsley fresh chopped
- 1 clove garlic finely chopped
- 1 medium bell pepper green cut into 1-inch pieces
- 0.1 teaspoon pepper black
- 0.3 teaspoon seasoning italian

- 1 medium onion sliced
- 2 tablespoons parmesan cheese grated
- 15.5 oz kidney beans dark red rinsed drained canned
- 8 oz regular crescent rolls refrigerated canned
- 1 tablespoon vegetable oil
- 1 medium zucchini sliced

## Equipment

- frying pan
- oven
- baking pan
- ziploc bags

## Directions

- In 10-inch skillet, heat oil over medium-high heat until hot.
- Add eggplant, zucchini, onion, bell pepper and garlic; cook and stir 4 to 6 minutes or until vegetables are lightly browned.
- Reduce heat to medium-low. Stir in tomatoes, tomato sauce, basil, Italian seasoning and pepper. Cover; simmer about 10 minutes or until vegetables are crisp-tender. Stir in beans; cook 5 minutes longer.
- Meanwhile, remove dough from can in 2 rolled sections; do not unroll dough.
- Cut each roll into 4 slices; cut each slice into quarters.
- Place cheese in 1-quart resealable plastic bag; add crescent pieces, seal and shake to coat.
- Heat oven to 375F. Spray 11x8-inch (2-quart) baking dish with cooking spray. Spoon eggplant mixture into baking dish. Arrange crescent pieces on top.
- Bake 17 to 20 minutes or until crescents are golden brown.
- Sprinkle with parsley.

## Nutrition Facts



■ PROTEIN 13.05% ■ FAT 31.63% ■ CARBS 55.32%

## Properties

Glycemic Index:42.88, Glycemic Load:5.59, Inflammation Score:-8, Nutrition Score:17.599565026391%

## Flavonoids

Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg

## Nutrients (% of daily need)

Calories: 315.06kcal (15.75%), Fat: 11.77g (18.11%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 35.72g (12.99%), Sugar: 12.41g (13.79%), Cholesterol: 1.45mg (0.48%), Sodium: 610.88mg (26.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin C: 36.17mg (43.84%), Fiber: 10.59g (42.37%), Manganese: 0.8mg (39.8%), Folate: 139.78µg (34.94%), Vitamin K: 32.6µg (31.05%), Potassium: 911.9mg (26.05%), Iron: 4.27mg (23.71%), Vitamin B6: 0.41mg (20.51%), Copper: 0.39mg (19.4%), Phosphorus: 183.73mg (18.37%), Magnesium: 71.02mg (17.75%), Vitamin B1: 0.23mg (15.38%), Vitamin B2: 0.19mg (11.14%), Vitamin E: 1.66mg (11.04%), Vitamin B3: 2.18mg (10.92%), Vitamin A: 477.53IU (9.55%), Zinc: 1.37mg (9.13%), Calcium: 86.91mg (8.69%), Vitamin B5: 0.75mg (7.46%), Selenium: 2.28µg (3.25%)