



 **100%**
HEALTH SCORE

Crispy Parmesan Ratatouille

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



985 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz tomato sauce canned
- 1 small eggplant
- 1 Tbsp olive oil
- 1 onion
- 0.5 cup panko bread crumbs
- 0.3 cup seasoned parmesan cheese classic italian grated kraft
- 0.8 cup parmesan cheese shredded kraft
- 2 large tomatoes

- 1 baby squash yellow
- 1 zucchini

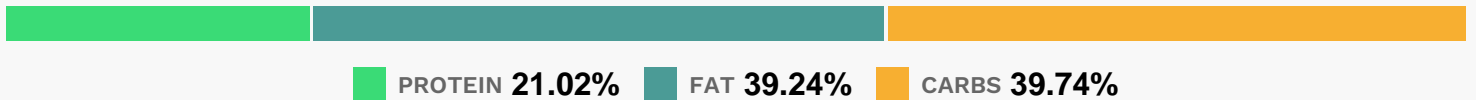
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine bread crumbs and cheeses.
- Cut vegetables into 1/4-inch-thick slices.
- Pour half the tomato sauce into 13x9-inch baking dish; cover with layers of half each of the vegetables and cheese mixture. Top with remaining sauce and vegetables.
- Drizzle with oil; cover.
- Bake 30 min.
- Top with remaining cheese mixture; bake, uncovered, 15 min. or until vegetables are tender and topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:214, Glycemic Load:16.52, Inflammation Score:-10, Nutrition Score:67.402608290963%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 25.92mg, Quercetin: 25.92mg, Quercetin: 25.92mg, Quercetin: 25.92mg

Nutrients (% of daily need)

Calories: 984.64kcal (49.23%), Fat: 45.29g (69.67%), Saturated Fat: 19.12g (119.52%), Carbohydrates: 103.18g (34.39%), Net Carbohydrates: 74.33g (27.03%), Sugar: 50.17g (55.74%), Cholesterol: 72.75mg (24.25%), Sodium: 2985.25mg (129.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.58g (109.17%), Vitamin C: 152.36mg (184.68%), Manganese: 2.86mg (143.2%), Calcium: 1359.47mg (135.95%), Phosphorus: 1167.87mg (116.79%), Fiber: 28.85g (115.38%), Vitamin A: 5707.69IU (114.15%), Potassium: 3944.7mg (112.71%), Vitamin B6: 1.9mg (95.09%), Folate: 339.4µg (84.85%), Vitamin B2: 1.33mg (78.5%), Vitamin K: 77.99µg (74.28%), Magnesium: 272.43mg (68.11%), Vitamin E: 9.43mg (62.87%), Vitamin B1: 0.93mg (61.78%), Copper: 1.2mg (60.19%), Vitamin B3: 11.56mg (57.81%), Selenium: 37.25µg (53.22%), Zinc: 6.81mg (45.42%), Iron: 8.11mg (45.06%), Vitamin B5: 3.74mg (37.37%), Vitamin B12: 1.34µg (22.38%), Vitamin D: 0.5µg (3.33%)