



Crunchy Ratatouille



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cups bell pepper chunks red
- ☐ 0.8 cup bread crumbs dried italian-style fine
- ☐ 1 teaspoon basil dried
- ☐ 2 large egg whites
- ☐ 1.5 cups eggplant chunks
- ☐ 3 teaspoons garlic minced
- ☐ 1 teaspoons juice of lemon
- ☐ 3 tablespoons mayonnaise reduced-fat

- ☐ 1 tablespoon olive oil
- ☐ 6 servings bell pepper
- ☐ 6 servings salt
- ☐ 2 cups tomato chunks
- ☐ 1.5 cups zucchini

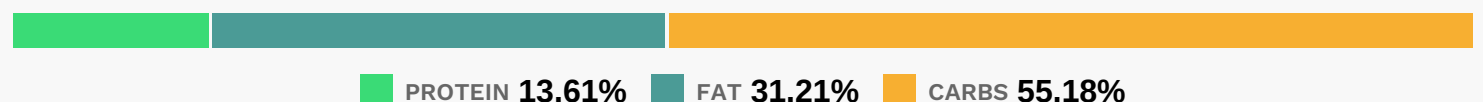
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In a bowl, beat egg whites and oil to blend. In another bowl, mix crumbs, basil, and 2 teaspoons garlic.
- ☐ Add 1 kind of vegetable at a time to the egg mixtureeggplant, zucchini, bell pepper, and 1 1/2 cups tomatoes. Lift out with a slotted spoon, draining briefly, and add to crumbs.
- ☐ Mix gently to coat, the lift out. Arrange vegetables in a single layer on a 14-inch by 17-inch baking sheet.
- ☐ Bake in a 450 oven until vegetables are well-browned and eggplant is soft when pressed, 20 to 25 minutes.
- ☐ Meanwhile, in a blender or food processor, pure until smooth the remaining 1 teaspoon garlic, remaining 1/2 cup tomatoes, mayonnaise, and lemon juice to taste.
- ☐ Spoon vegetables onto warm dinner plates and season to taste with mayonnaise mixture and salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:16.656956638979%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 141.07kcal (7.05%), Fat: 5.13g (7.9%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 16.37g (5.95%), Sugar: 7.66g (8.51%), Cholesterol: 1.12mg (0.37%), Sodium: 378.05mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Vitamin C: 124.85mg (151.33%), Vitamin A: 3208.12IU (64.16%), Manganese: 0.42mg (21.21%), Vitamin B6: 0.4mg (19.93%), Folate: 75.28µg (18.82%), Vitamin K: 19.17µg (18.26%), Fiber: 4.05g (16.2%), Vitamin E: 2.26mg (15.07%), Vitamin B1: 0.22mg (14.81%), Potassium: 486.84mg (13.91%), Vitamin B2: 0.23mg (13.32%), Vitamin B3: 2.35mg (11.73%), Selenium: 6.21µg (8.88%), Iron: 1.53mg (8.5%), Magnesium: 33.11mg (8.28%), Phosphorus: 79.01mg (7.9%), Copper: 0.12mg (6.18%), Vitamin B5: 0.55mg (5.51%), Calcium: 50.39mg (5.04%), Zinc: 0.67mg (4.45%)