



HEALTH SCORE

72%

## Dad's Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



110 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 pound onions yellow chopped
- ☐ 0.5 cup olive oil extra virgin (more or less)
- ☐ 3 cloves garlic crushed
- ☐ 1 pound zucchini cubed
- ☐ 1 pound baby squash yellow cubed
- ☐ 1 pound bell peppers green seeds removed, chopped into 1/2-inch square pieces
- ☐ 0.5 pound bell peppers red seeds removed, chopped into 1/2-inch square pieces
- ☐ 0.5 pound bell peppers yellow seeds removed, chopped into 1/2-inch square pieces

- ☐ 1 pound eggplant
- ☐ 6 servings salt to taste
- ☐ 2 sprigs thyme leaves
- ☐ 1 bay leaf
- ☐ 1 inch rosemary
- ☐ 0.8 cup vegetable stock thin (or tomato juice)
- ☐ 1 pound tomatoes fresh canned ripe chopped (or equal amount of tomatoes, )
- ☐ 6 servings ground pepper fresh to taste

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ stove
- ☐ colander

## Directions

- ☐ Preheat oven to 400° F.
- ☐ Sauté onions and garlic: Using a large oven-proof pan over medium high heat, sauté onions in 2 tablespoons of olive oil until they begin to soften, about 5 minutes.
- ☐ Add garlic and reduce heat to low.
- ☐ Sauté zucchini: While the onions and garlic are cooking over low heat, heat 2 tablespoons of olive oil in another frying pan over high heat. As soon as oil starts to smoke, quickly add enough zucchini cubes all at once to cover the bottom of the pan.
- ☐ Keep on cooking over high heat, stirring, until zucchini is lightly browned on all sides.
- ☐ Remove zucchini cubes, and add them to pan with the onions.

- ☐ Working in batches, repeat this process until all of the zucchini cubes have been cooked.
- ☐ Sauté the remaining veggies: Cook the yellow squash in the same manner as the zucchini. Make sure to add a little olive oil between each new batch.
- ☐ Continue with the bell peppers, then the eggplant cubes, adding the browned vegetables to the onion pan as soon as they are cooked.
- ☐ Season: When all the vegetables (except the tomatoes) are browned and in the pan with the onions, increase the heat to high and stir, making sure they don't stick to the bottom of the pan.
- ☐ Add salt to taste, along with thyme, bay leaf, rosemary, and the vegetable stock. Stir well.
- ☐ Place the pan in a 400°F oven, and cook, uncovered, for 30 minutes. Alternatively, you can cook them on the stovetop on low heat for 30 minutes.
- ☐ Prep the tomatoes: If using fresh tomatoes, boil water in a saucepan.
- ☐ Remove the stems from tomatoes, and crisscross the bottoms with a knife. Plunge the tomatoes into boiling water for a minute or two, until skin starts to fall away. Rinse in cold water and remove the skin.
- ☐ Cut tomatoes in half lengthwise, remove seeds, chop coarsely, and set aside.
- ☐ Make a glaze: After the vegetables have been in the oven for a half hour, remove from oven, drain vegetables in a colander set over a bowl to catch the juices. Clean browned bits (if any) off the bottom of pan with a paper towel.
- ☐ Return any liquid to the pan and reduce to a thick glaze over medium-high heat. Keep on adding juices to the pan as they run out of the vegetables into the bowl.
- ☐ Combine cooked vegetables with chopped tomatoes: When all the juices have been reduced, return vegetables to the heavy pan. At this point the ratatouille should be moist and shiny, with very little liquid. Turn heat off.
- ☐ Add the chopped tomatoes and cover.
- ☐ Remove the bay leaf, and season to taste with salt and pepper. If serving as a warm side dish, let the ratatouille stand for 10 minutes, just enough to "cook" the tomatoes. The ratatouille can be served at room temperature or refrigerated and reheated the next day.

## Nutrition Facts



■ PROTEIN 12.8% ■ FAT 22.35% ■ CARBS 64.85%

## Properties

Glycemic Index:67.67, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:23.088260816491%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 4.36mg, Luteolin: 4.36mg, Luteolin: 4.36mg, Luteolin: 4.36mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg

Nutrients (% of daily need)

Calories: 171kcal (8.55%), Fat: 4.8g (7.39%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 22.09g (8.03%), Sugar: 16.42g (18.25%), Cholesterol: 0mg (0%), Sodium: 428.3mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin C: 220.39mg (267.14%), Vitamin B6: 0.93mg (46.31%), Manganese: 0.91mg (45.47%), Vitamin A: 2116IU (42.32%), Fiber: 9.28g (37.14%), Potassium: 1206.15mg (34.46%), Folate: 117.21µg (29.3%), Vitamin K: 22.28µg (21.22%), Copper: 0.41mg (20.73%), Vitamin B2: 0.33mg (19.66%), Magnesium: 78.39mg (19.6%), Vitamin E: 2.77mg (18.44%), Vitamin B1: 0.27mg (18.05%), Vitamin B3: 3.3mg (16.51%), Phosphorus: 158.85mg (15.89%), Iron: 2.7mg (15%), Vitamin B5: 1.06mg (10.57%), Calcium: 97.92mg (9.79%), Zinc: 1.21mg (8.07%), Selenium: 1.75µg (2.5%)