



Dinner Tonight: Ratatouille with Grilled Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 leaves basil
- 0.8 pound cherry tomatoes whole
- 4 slices top split such as a baguette length lengthwise
- 0.8 pound eggplant cut into 1 inch cubes
- 5 garlic clove split finely chopped
- 4 servings olive oil
- 4 servings pepper black freshly ground to taste
- 0.8 pound zucchini sliced

0.8 pound frangelico white red thick

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Equipment

frying pan

pot

grill

Directions

Gather 4 medium-sized pans and cover the bottom of each with olive oil. Choose one with higher sides to hold all the ingredients after cooking, and cook the eggplant in this one.

Heat the oil over medium-low heat and add a clove of chopped garlic to each pan, cooking until fragrant, about a minute.

Add a vegetable to each pot. Cook the eggplant gently until it softens and turns creamy; the onions until soft and beginning to caramelize; the tomatoes until the skins split but they are still holding their shape; the zucchini over low heat until tender, then higher heat to brown them. Season each vegetable to taste with salt and pepper.

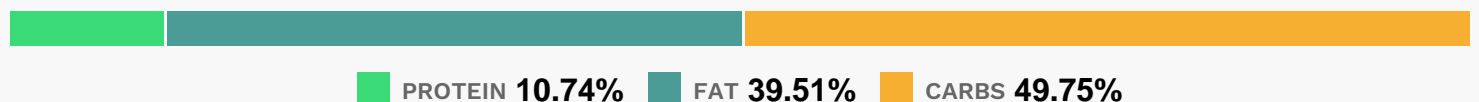
When all the vegetables are ready, combine them in one pot and stir carefully to combine. Season again to taste, and add the basil.

Heat for 1-2 minutes.

In the meantime, toast or grill the bread slices and rub the remaining split clove of garlic over their surfaces.

Drizzle with them with olive oil and serve with the ratatouille.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:26.97, Inflammation Score:-8, Nutrition Score:18.835217434427%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 354.79kcal (17.74%), Fat: 16.09g (24.76%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 40.07g (14.57%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 404.09mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.69%), Vitamin C: 37.72mg (45.73%), Manganese: 0.85mg (42.61%), Vitamin B1: 0.56mg (37.61%), Folate: 129.28µg (32.32%), Selenium: 19.69µg (28.13%), Vitamin B2: 0.41mg (24%), Vitamin B3: 4.5mg (22.52%), Fiber: 5.52g (22.06%), Iron: 3.75mg (20.86%), Vitamin E: 2.99mg (19.94%), Potassium: 694.64mg (19.85%), Vitamin B6: 0.39mg (19.66%), Vitamin K: 19.67µg (18.74%), Phosphorus: 149.85mg (14.98%), Copper: 0.29mg (14.45%), Magnesium: 56.7mg (14.17%), Vitamin A: 626.21IU (12.52%), Zinc: 1.24mg (8.27%), Vitamin B5: 0.76mg (7.6%), Calcium: 71.93mg (7.19%)