

# Disney's Ratatouille

 Vegetarian  Gluten Free  Popular

READY IN



90 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 small eggplant trimmed very thinly sliced
- 1 teaspoon thyme leaves fresh to taste
- 0.3 cup garlic minced
- 4 servings salt and ground pepper black to taste
- 3 tablespoons mascarpone cheese
- 3 tablespoons olive oil to taste
- 0.5 onion chopped
- 1 bell pepper red cored very thinly sliced

- 6 ounce tomato paste canned
- 0.8 cup water
- 1 bell pepper yellow cored very thinly sliced
- 1 baby squash yellow trimmed very thinly sliced
- 1 zucchini trimmed very thinly sliced

## Equipment

- baking paper
- oven
- baking pan

## Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Spread tomato paste into the bottom of a 10x10-inch baking dish.
- Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper.
- Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors.
- Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper.
- Sprinkle with thyme leaves. Cover vegetables with a piece of parchment paper cut to fit inside.
- Bake in the preheated oven until vegetables are roasted and tender, about 45 minutes.
- Serve with dollops of mascarpone cheese.

## Nutrition Facts

PROTEIN 8.11%  FAT 58.32%  CARBS 33.57%

## Properties

Glycemic Index:70.25, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:18.150869556095%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

## Nutrients (% of daily need)

Calories: 236.54kcal (11.83%), Fat: 16.35g (25.16%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 14.51g (5.28%), Sugar: 10.13g (11.26%), Cholesterol: 11.25mg (3.75%), Sodium: 75.78mg (3.29%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.11g (10.23%), Vitamin C: 120.67mg (146.27%), Manganese: 0.77mg (38.26%), Vitamin B6: 0.61mg (30.36%), Vitamin A: 1487.58IU (29.75%), Fiber: 6.67g (26.69%), Potassium: 827.55mg (23.64%), Folate: 81.22µg (20.3%), Vitamin E: 2.99mg (19.9%), Vitamin K: 17.98µg (17.12%), Copper: 0.3mg (15.02%), Vitamin B2: 0.23mg (13.44%), Magnesium: 53.74mg (13.43%), Vitamin B3: 2.36mg (11.82%), Vitamin B1: 0.17mg (11.35%), Phosphorus: 110.88mg (11.09%), Iron: 1.76mg (9.79%), Calcium: 83.51mg (8.35%), Vitamin B5: 0.83mg (8.31%), Zinc: 0.86mg (5.72%), Selenium: 2.19µg (3.13%)