



100%

## Eggplant Involtini with Grilled Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



2879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



0.5 cup basil shredded



1 bay leaves



0.5 cup wine dry white



1 pound eggplant sliced



2 eggplant sliced lengthwise



2 garlic clove thinly sliced



1 serving harissa for serving



0.3 cup kalamata olives pitted finely chopped

- ☐ 1 teaspoon nutritional yeast
- ☐ 1 serving olive oil extra virgin extra-virgin for brushing
- ☐ 2 tablespoons olive oil extra virgin extra-virgin plus more for brushing
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 4 pasilla peppers italian
- ☐ 10 ounces cashew pieces raw
- ☐ 2 medium onion red sliced
- ☐ 1 serving salt and pepper freshly ground
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 pound tomatoes sliced
- ☐ 0.5 cup water
- ☐ 2 pound zucchini halved lengthwise

## Equipment

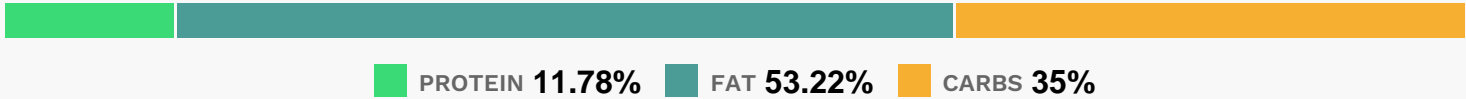
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ grill

## Directions

- ☐ In a food processor, combine the cashews with the nutritional yeast and water and process to a fine paste.
- ☐ Transfer the paste to a bowl, stir in the olives and season with salt and pepper.
- ☐ Light a grill.
- ☐ Brush the eggplant slices (there should be about 2
- ☐ with olive oil and grill over moderately high heat, turning once, until tender and lightly charred, 2 to 3 minutes. Arrange the eggplant on a work surface and season with salt and pepper.

- Spoon 1 tablespoon of the cashew filling onto one end of each eggplant slice.
- ☐ Roll into tight cylinders. Cover with plastic wrap.
  - ☐ Brush all of the vegetables with olive oil and season with salt and pepper. Grill the vegetables in batches until tender and lightly charred, about 3 minutes for the tomatoes and 6 minutes for the onions, peppers, eggplant and zucchini.
  - ☐ Transfer the grilled tomatoes to a blender and puree until smooth.
  - ☐ Peel, seed and dice the peppers and chop the onions.
  - ☐ Add them to a large deep skillet along with the 2 tablespoons of oil and the garlic, bay leaf, thyme and oregano. Cook over moderately high heat until tender, 5 minutes.
  - ☐ Add the wine and boil until evaporated, 2 minutes.
  - ☐ Add the tomato puree and water, season with salt and pepper and simmer until the sauce is slightly reduced, 15 minutes.
  - ☐ Cut the eggplant and zucchini into 1/2-inch pieces; add to the skillet. Simmer 10 minutes longer. Discard the bay leaf and stir in the basil.
  - ☐ Spoon the ratatouille into shallow bowls and top with the involtini. Spoon a dollop of harissa on top and serve right away.

## Nutrition Facts



## Properties

Glycemic Index:340.2, Glycemic Load:45.72, Inflammation Score:-10, Nutrition Score:84.759565270465%

## Flavonoids

Delphinidin: 1173.6mg, Delphinidin: 1173.6mg, Delphinidin: 1173.6mg, Delphinidin: 1173.6mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 23.61mg, Luteolin: 23.61mg, Luteolin: 23.61mg, Luteolin: 23.61mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 64.5mg, Quercetin: 64.5mg, Quercetin: 64.5mg, Quercetin: 64.5mg

## Nutrients (% of daily need)

Calories: 2879.25kcal (143.96%), Fat: 179.11g (275.56%), Saturated Fat: 30.32g (189.52%), Carbohydrates: 265.1g (88.37%), Net Carbohydrates: 185.1g (67.31%), Sugar: 122.64g (136.27%), Cholesterol: 0mg (0%), Sodium: 981.99mg (42.7%), Alcohol: 12.36g (100%), Alcohol %: 0.39% (100%), Protein: 89.17g (178.34%), Vitamin C: 663.19mg (803.86%), Manganese: 11.38mg (568.9%), Copper: 8.64mg (431.98%), Magnesium: 1337.74mg (334.43%), Vitamin K: 344.39µg (327.99%), Fiber: 80g (319.99%), Vitamin B6: 5.71mg (285.27%), Potassium: 9860.11mg (281.72%), Phosphorus: 2669.06mg (266.91%), Folate: 764.17µg (191.04%), Vitamin B1: 2.72mg (181.34%), Iron: 31.25mg (173.59%), Vitamin A: 8608.8IU (172.18%), Zinc: 23.68mg (157.88%), Vitamin E: 19.9mg (132.66%), Vitamin B2: 1.86mg (109.58%), Vitamin B3: 21.8mg (108.98%), Vitamin B5: 9.44mg (94.43%), Selenium: 64.9µg (92.71%), Calcium: 623.28mg (62.33%)