



Eggplant, Zucchini and Sweet Red Pepper Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



388 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup rice
- 1 eggplant cut into 1 inch cubes
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 1 sprig rosemary fresh chopped
- 5 cloves garlic chopped
- 1 cup marsala wine

- 0.3 cup olive oil
- 1 cup onion chopped
- 1 large bell pepper red chopped
- 0.3 teaspoon pepper flakes red
- 0.5 teaspoon salt to taste
- 3 tomatoes fresh diced
- 1.5 cups water
- 1 zucchini cut into large chunks

Equipment

- dutch oven
- colander

Directions

- Place eggplant in a colander and sprinkle with salt.
- Heat olive oil in a Dutch oven or large pot. Rinse eggplant and pat dry.
- Saute until slightly browned. Stir in onion and saute until transparent. Stir in garlic and saute for 2 to 3 minutes.
- Stir in rice, zucchini, red bell pepper, tomatoes, wine, water, salt and red pepper flakes. Cook over medium-high heat until mixture reaches a low boil. Reduce heat and simmer for 45 minutes, or until vegetables are tender.
- Remove from heat and stir in basil, parsley and rosemary.

Nutrition Facts



PROTEIN 6.58% **FAT 38.5%** **CARBS 54.92%**

Properties

Glycemic Index:83.8, Glycemic Load:14.95, Inflammation Score:-10, Nutrition Score:23.157391195712%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 100.46mg, Delphinidin: 100.46mg, Delphinidin: 100.46mg, Delphinidin: 100.46mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg

Nutrients (% of daily need)

Calories: 387.63kcal (19.38%), Fat: 14.44g (22.22%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 39.2g (14.25%), Sugar: 15.89g (17.66%), Cholesterol: 0mg (0%), Sodium: 320.86mg (13.95%), Alcohol: 9.18g (100%), Alcohol %: 2.19% (100%), Protein: 5.56g (11.11%), Vitamin C: 85.8mg (104%), Vitamin K: 91.64µg (87.28%), Vitamin A: 2610.44IU (52.21%), Manganese: 0.97mg (48.35%), Fiber: 7.15g (28.59%), Vitamin B6: 0.51mg (25.5%), Potassium: 878.47mg (25.1%), Vitamin E: 3.62mg (24.11%), Folate: 85.99µg (21.5%), Copper: 0.31mg (15.6%), Magnesium: 59.97mg (14.99%), Phosphorus: 131.64mg (13.16%), Vitamin B3: 2.56mg (12.81%), Vitamin B1: 0.18mg (11.99%), Vitamin B2: 0.18mg (10.82%), Vitamin B5: 0.98mg (9.78%), Iron: 1.73mg (9.6%), Selenium: 5.04µg (7.2%), Zinc: 1.07mg (7.15%), Calcium: 68.8mg (6.88%)