



Garden Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small zucchini cut into 1/4-inch slices (1 cup)
- ☐ 1 small onion sliced
- ☐ 0.5 medium bell pepper green cut into strips
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 tablespoons water
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon pepper
- ☐ 2 medium tomatoes very ripe cut into eighths
- ☐ 1 serving olive oil

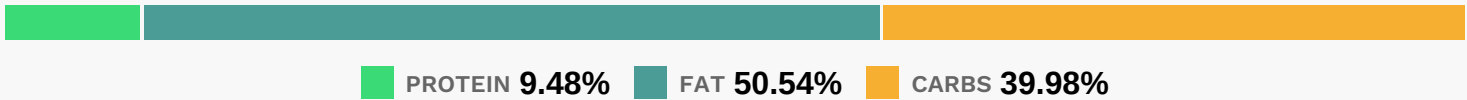
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, cook all ingredients except tomatoes over medium heat about 10 minutes, stirring occasionally, until vegetables are tender; remove from heat.
- ☐ Stir in tomatoes. (For added flavor, drizzle with about 2 tablespoons olive oil, if desired.) Cover and let stand 2 to 3 minutes until tomatoes are warm.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:4.5347826286503%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 31.3kcal (1.56%), Fat: 1.91g (2.94%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 149.94mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 29.79µg (28.37%), Vitamin C: 15.05mg (18.24%), Vitamin A: 401.71IU (8.03%), Manganese: 0.15mg (7.65%), Vitamin B6: 0.09mg (4.64%), Potassium: 159.74mg (4.56%), Fiber: 1.04g (4.18%), Iron: 0.72mg (4.01%), Vitamin E: 0.53mg (3.52%), Folate: 13.66µg (3.42%), Magnesium: 12.05mg (3.01%), Copper: 0.05mg (2.5%), Calcium: 22.63mg (2.26%), Phosphorus: 20.21mg (2.02%), Vitamin B1: 0.03mg (1.94%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.18mg (1.2%)