



## Greek Ratatouille

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup tablespoon basil dried fresh chopped
- 3 cups brown rice long-grain hot cooked
- 4 ounce feta cheese crumbled
- 3 garlic cloves minced
- 1 cup bell pepper green chopped
- 3 cups mushrooms halved
- 2 teaspoons olive oil divided
- 1 tablespoon teaspoon oregano dried fresh chopped

- 0.5 teaspoon pepper
- 1 cup bell pepper red chopped
- 1 cup onion red chopped
- 0.3 teaspoon salt
- 1.3 cups baby squash yellow chopped
- 2 cups zucchini chopped

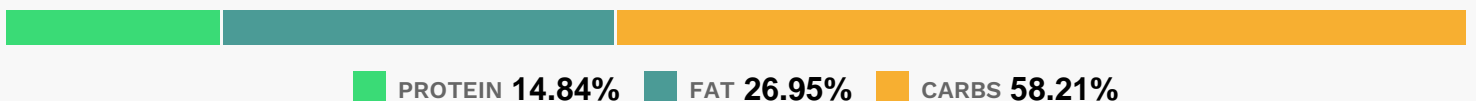
## Equipment

- bowl
- frying pan

## Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add onion and peppers; cook 3 minutes or until lightly browned (do not stir).
- Remove onion and peppers from pan; place in a large bowl.
- Heat 1/2 teaspoon oil in skillet.
- Add zucchini and squash, and cook 3 minutes or until lightly browned (do not stir).
- Remove zucchini and squash from pan, and place in bowl.
- Heat 1/2 teaspoon oil in skillet.
- Add mushrooms and garlic, and cook 3 minutes or until lightly browned (do not stir). Return onion, peppers, zucchini, and squash to skillet. Stir in rice, oregano, pepper, and salt, and cook just until heated.
- Remove from heat. Stir in basil and cheese.

## Nutrition Facts



## Properties

Glycemic Index:78, Glycemic Load:2.94, Inflammation Score:-10, Nutrition Score:29.754782666331%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

## **Nutrients (% of daily need)**

Calories: 327.95kcal (16.4%), Fat: 10.22g (15.72%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 42.53g (15.47%), Sugar: 8.5g (9.44%), Cholesterol: 25.23mg (8.41%), Sodium: 490.16mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin C: 100.2mg (121.46%), Manganese: 1.83mg (91.26%), Vitamin B6: 0.87mg (43.45%), Vitamin B2: 0.74mg (43.37%), Selenium: 26.11µg (37.29%), Phosphorus: 351.09mg (35.11%), Vitamin A: 1721.14IU (34.42%), Vitamin B3: 6.25mg (31.23%), Fiber: 7.12g (28.49%), Magnesium: 109.44mg (27.36%), Copper: 0.51mg (25.28%), Vitamin K: 25.5µg (24.29%), Vitamin B1: 0.35mg (23.63%), Potassium: 798.52mg (22.81%), Vitamin B5: 2.19mg (21.86%), Calcium: 215.21mg (21.52%), Folate: 84.83µg (21.21%), Zinc: 2.7mg (17.99%), Iron: 2.46mg (13.69%), Vitamin E: 1.49mg (9.91%), Vitamin B12: 0.51µg (8.47%), Vitamin D: 0.26µg (1.72%)