



Grilled Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry tomatoes ()
- ☐ 8 oz asian eggplants
- ☐ 1 serving salt and pepper
- ☐ 6 oz bell pepper yellow
- ☐ 6 oz zucchini

Equipment

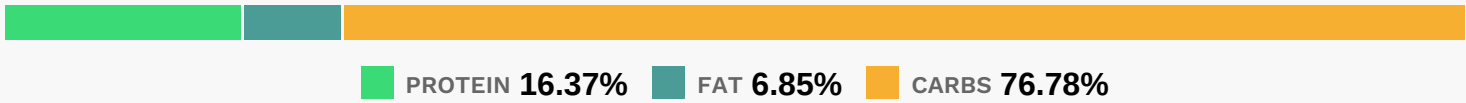
- ☐ grill
- ☐ skewers

☐ metal skewers

Directions

- ☐ Rinse, stem, and seed bell pepper; cut into 1 1/2-inch pieces. Rinse zucchini and trim and discard ends; cut zucchini crosswise into 3/4-inch-thick rounds. Rinse eggplants and trim and discard ends; cut eggplants crosswise into 3/4-inch-thick rounds. Rinse and stem tomatoes. Thread vegetables onto thin metal skewers at least 14 inches long, with a single kind of vegetable on each skewer (for zucchini and eggplants, run skewers crosswise from edge to edge through rounds).
- ☐ Brush vegetables with remaining spiced oil.
- ☐ When lamb has cooked 10 minutes, place bell pepper, zucchini, and eggplants on grill directly over heat; cook, turning once, until browned and tender when pierced, about 15 minutes.
- ☐ Add tomatoes 20 minutes after starting meat and cook, turning once, until barely tender when pierced, about 5 minutes. Push vegetables from skewers and arrange around lamb loin roast. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:28.956521925719%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 185.18kcal (9.26%), Fat: 1.64g (2.52%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 29.2g (10.62%), Sugar: 19.68g (21.87%), Cholesterol: 0mg (0%), Sodium: 248.12mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.63%), Vitamin C: 415.51mg (503.65%), Manganese: 1.34mg (66.98%), Potassium: 1973.6mg (56.39%), Vitamin B6: 0.99mg (49.45%), Fiber: 12.12g (48.49%), Vitamin A: 2189.77IU (43.8%), Folate: 173.68µg (43.42%), Copper: 0.68mg (33.98%), Magnesium: 109.61mg (27.4%), Vitamin B3: 5.34mg (26.69%), Phosphorus: 243.33mg (24.33%), Vitamin K: 23.6µg (22.47%), Iron: 3.96mg (22.01%), Vitamin B1: 0.32mg (21.33%), Vitamin B2: 0.35mg (20.7%), Vitamin E: 2.55mg (17.02%), Vitamin B5: 1.65mg (16.54%), Zinc:

1.61mg (10.76%), Calcium: 99.24mg (9.92%), Selenium: 3.02µg (4.32%)