



 **78%**  
HEALTH SCORE

## Harvest Ratatouille

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**1**

CALORIES



**935 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 28 oz canned tomatoes diced drained canned
- 1 lb eggplant cubed unpeeled
- 1 clove garlic minced
- 2 Tbsp oil
- 1 onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup pasilla peppers red chopped
- 0.3 cup sun tomato vinaigrette dressing dried kraft

- 0.3 tsp thyme leaves dried
- 0.5 cup pasilla peppers green yellow chopped
- 1 zucchini cubed

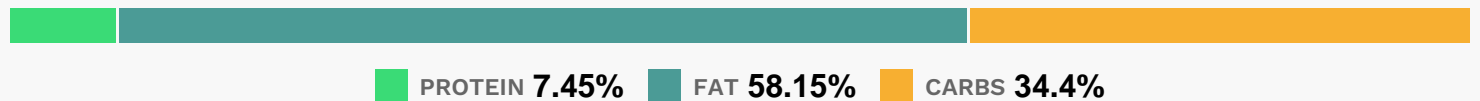
## Equipment

- frying pan

## Directions

- Cook onions in hot oil in large skillet on medium heat 10 min. or until lightly browned, stirring occasionally.
- Add eggplant; cook and stir 5 min.
- Add zucchini, peppers and garlic; cook and stir 5 min.
- Add tomatoes, dressing and thyme; bring to boil. Cover; simmer on low heat 30 min. or until vegetables are tender, stirring occasionally.
- Serve topped with cheese.

## Nutrition Facts



## Properties

Glycemic Index:189, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:58.265651872625%

## Flavonoids

Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 29.64mg, Quercetin: 29.64mg, Quercetin: 29.64mg, Quercetin: 29.64mg

## Nutrients (% of daily need)

Calories: 934.85kcal (46.74%), Fat: 65.07g (100.1%), Saturated Fat: 9.9g (61.86%), Carbohydrates: 86.59g (28.86%), Net Carbohydrates: 58.29g (21.2%), Sugar: 50.98g (56.65%), Cholesterol: 8.7mg (2.9%), Sodium: 1345.63mg (58.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.52%), Vitamin C: 283.54mg

(343.68%), Vitamin K: 138.86µg (132.25%), Manganese: 2.39mg (119.44%), Fiber: 28.3g (113.19%), Vitamin E: 16.3mg (108.69%), Vitamin B6: 2.14mg (107.16%), Potassium: 3527.42mg (100.78%), Vitamin A: 4131.77IU (82.64%), Folate: 273.73µg (68.43%), Iron: 10.4mg (57.8%), Copper: 1.14mg (56.89%), Vitamin B2: 0.94mg (55.37%), Magnesium: 218.06mg (54.51%), Vitamin B3: 10.73mg (53.63%), Vitamin B1: 0.76mg (50.96%), Phosphorus: 468.53mg (46.85%), Calcium: 450.86mg (45.09%), Vitamin B5: 3.11mg (31.08%), Zinc: 3.41mg (22.71%), Selenium: 8.1µg (11.57%), Vitamin B12: 0.14µg (2.25%)