



Herbed Tomato and Zucchini Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons optional: dill chopped
- ☐ 1 cup feta cheese crumbled
- ☐ 1 large garlic clove thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 12 plum tomato halves fresh frozen halved lengthwise seeded
- ☐ 4 servings salt and pepper freshly ground
- ☐ 6 cups zucchini or fresh frozen sliced

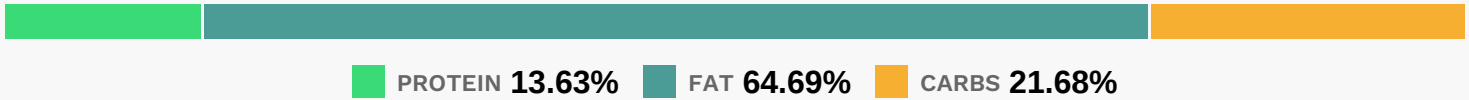
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 42
- ☐ Toss the zucchini with 1 tablespoon of the olive oil and spread in a large glass or ceramic baking dish in an even layer.
- ☐ Sprinkle the garlic and dill over the zucchini and season with salt, if using fresh zucchini, and with pepper. Scatter the feta on top and cover with the tomatoes. Season with salt, if using fresh tomatoes, and with pepper and drizzle the remaining 2 tablespoons of olive oil all over.
- ☐ Bake the gratin for 40 minutes if using frozen vegetables or for 55 minutes if using fresh, or until all the liquid in the dish has evaporated and the zucchini is sizzling.
- ☐ Serve the gratin warm or at room temperature.
- ☐ Wine Recommendation: A white with sharp acidity and hints of herbs will accent the tomatoes, feta and dill in this rustic gratin. The obvious choice is a lively Sancerre from France, such as the 1997 La Poussie or the 1998 Comte La Fond.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.95, Inflammation Score:-9, Nutrition Score:20.283478405165%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 258.43kcal (12.92%), Fat: 19.53g (30.05%), Saturated Fat: 6.65g (41.53%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 10.62g (3.86%), Sugar: 9.55g (10.61%), Cholesterol: 33.38mg (11.13%), Sodium: 645.84mg (28.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin C: 59.05mg (71.58%), Vitamin A: 2083.56IU (41.67%), Vitamin B2: 0.53mg (31.04%), Vitamin B6: 0.62mg (31.02%), Vitamin K: 29.7µg (28.29%),

Manganese: 0.57mg (28.27%), Potassium: 953.05mg (27.23%), Phosphorus: 242.88mg (24.29%), Calcium: 234.92mg (23.49%), Folate: 84.64µg (21.16%), Vitamin E: 2.81mg (18.72%), Fiber: 4.11g (16.44%), Magnesium: 61.28mg (15.32%), Vitamin B1: 0.21mg (14.12%), Zinc: 2mg (13.34%), Vitamin B3: 2.32mg (11.61%), Copper: 0.22mg (11.14%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 0.91mg (9.12%), Selenium: 6.1µg (8.72%), Iron: 1.51mg (8.39%)