



Indian Ratatouille

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pound eggplant quartered
- 1 tablespoon ginger fresh peeled chopped
- 2 tablespoons mint leaves fresh chopped
- 3 large garlic clove chopped
- 1 large jalapeno chopped
- 1 tablespoon juice of lemon fresh
- 1 tablespoon mustard seeds
- 0.8 pound plum tomatoes chopped

- 8 ounce onion red cut into 1/2-inch pieces
- 0.3 cup vegetable oil
- 2 medium zucchini halved lengthwise

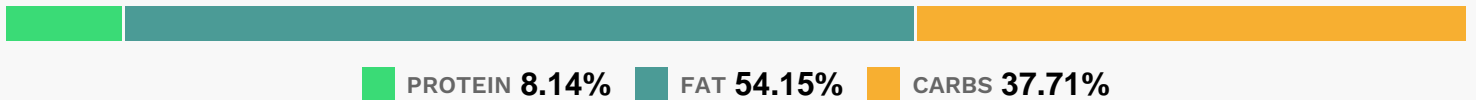
Equipment

- pot

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add mustard seeds; cook until seeds darken and begin to pop, about 2 minutes.
- Add onion, chili and ginger; stir 1 minute.
- Add eggplant and zucchini slices; stir 5 minutes. Cover; cook 5 minutes.
- Mix in tomatoes and garlic. Reduce heat to medium. Cover; cook until vegetables are tender, stirring occasionally, about 25 minutes.
- Mix in mint and lemon juice. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:12.04347826087%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 10.36g (15.94%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 10.36g (3.77%), Sugar: 9.05g (10.05%), Cholesterol: 0mg (0%), Sodium: 13.1mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin C: 29.68mg (35.97%), Manganese: 0.59mg (29.35%), Vitamin K: 28.67µg (27.31%), Fiber: 5.86g (23.45%), Potassium: 662mg (18.91%), Vitamin B6: 0.33mg (16.66%), Folate: 62.49µg (15.62%), Vitamin A: 726.61IU (14.53%), Magnesium: 47.15mg (11.79%), Vitamin E: 1.66mg (11.07%), Copper: 0.2mg (10.03%), Phosphorus: 96.51mg (9.65%), Vitamin B1: 0.13mg (8.86%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.58mg (7.89%), Selenium: 4.71µg (6.73%), Vitamin B5: 0.59mg (5.91%), Iron: 1.03mg (5.73%), Calcium: 47.28mg (4.73%), Zinc: 0.71mg (4.71%)