



Italian vegetable bake

 Vegetarian

READY IN



420 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove whole crushed
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 bunch oregano chopped
- ☐ 1 large pinch pepper
- ☐ 300 g eggplant sliced
- ☐ 2 zucchini sliced
- ☐ 0.5 large jar roasted peppers red
- ☐ 3 beefsteak tomatoes sliced

- ☐ 1 bunch basil for sprinkling over (save 3 leaves)
- ☐ 1 small crusty baguette toasted sliced
- ☐ 250 g mozzarella cheese
- ☐ 6 servings the salad green

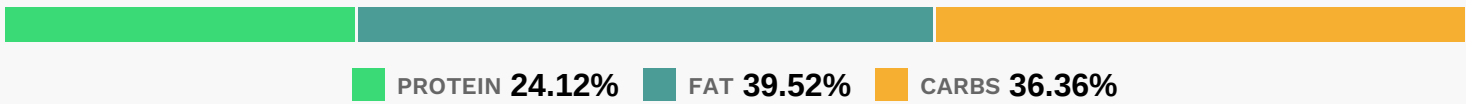
Equipment

- ☐ pot
- ☐ grill
- ☐ slow cooker

Directions

- ☐ Put the slow cooker onto the High or the browning setting and tip in the crushed garlic, canned tomatoes, half the oregano leaves, chilli and some seasoning. Cook, covered, while you chop the rest of the vegetables.
- ☐ Tip out most of the sauce and start layering up half the vegetables and herbs with seasoning the aubergines, courgettes, red peppers, tomatoes, basil and remaining oregano.
- ☐ Layer in half the bread, rubbed with the whole garlic clove, half the mozzarella and half the tipped-out tomato sauce. Repeat vegetable, herb and tomato sauce layers, followed by the bread and mozzarella. Push everything down well to compress, then cook on high for 5–6 hrs.
- ☐ Flash under the grill before serving if you like (and your slow cooker pot is suitable), until golden and bubbling.
- ☐ Serve with the leftover basil leaves on top and a big salad on the side.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:4.74, Inflammation Score:-9, Nutrition Score:22.441739097885%

Flavonoids

Delphinidin: 42.85mg, Delphinidin: 42.85mg, Delphinidin: 42.85mg, Delphinidin: 42.85mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

O.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg
Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 220.13kcal (11.01%), Fat: 10.32g (15.88%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 21.37g (7.12%),
Net Carbohydrates: 15.4g (5.6%), Sugar: 11.34g (12.6%), Cholesterol: 32.92mg (10.97%), Sodium: 773.27mg (33.62%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Vitamin C: 65.54mg (79.44%), Vitamin A:
2663.29IU (53.27%), Manganese: 0.73mg (36.46%), Potassium: 1041.53mg (29.76%), Calcium: 292.3mg (29.23%),
Vitamin K: 29.15µg (27.76%), Phosphorus: 273.41mg (27.34%), Vitamin B6: 0.51mg (25.65%), Fiber: 5.97g (23.9%),
Folate: 86.25µg (21.56%), Copper: 0.37mg (18.66%), Vitamin B2: 0.3mg (17.82%), Magnesium: 68.9mg (17.23%),
Vitamin B12: 0.95µg (15.83%), Vitamin B3: 2.97mg (14.87%), Zinc: 2.16mg (14.41%), Iron: 2.54mg (14.12%), Vitamin E:
2.11mg (14.09%), Vitamin B1: 0.21mg (13.86%), Selenium: 8.59µg (12.28%), Vitamin B5: 0.75mg (7.51%), Vitamin D:
0.17µg (1.11%)