



## Italian Veggie Bake

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz canned tomatoes italian-style drained canned
- 1 small eggplant cubed
- 8 oz mushrooms fresh sliced
- 1 Tbsp parsley fresh chopped
- 1 large onion chopped
- 0.3 cup parmesan cheese shredded kraft
- 1 large bell pepper red chopped
- 0.3 cup tuscan house dressing italian kraft

1 zucchini chopped

## Equipment

frying pan

oven

## Directions

Heat dressing in large skillet on medium heat.

Add onions; cook and stir 5 min. or until tender. Stir in eggplant; cook 5 min., stirring frequently.

Add mushrooms, zucchini and peppers; cook and stir 5 min.

Stir in tomatoes; bring to boil. Simmer on medium-low heat 15 min. or until vegetables are tender, stirring occasionally.

Heat oven to 350F.

Pour vegetable mixture into 2-qt. casserole sprayed with cooking spray; top with cheese. Cover.

Bake 25 to 30 min. or until heated through.

Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:15.53, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:6.1647826316564%

## Flavonoids

Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 1.94g (2.99%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.34g (4.82%), Cholesterol: 1.51mg (0.5%), Sodium: 125.77mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 20.85mg (25.28%), Vitamin K: 10.73µg (10.21%), Vitamin A: 473.14IU (9.46%), Manganese: 0.18mg (8.86%), Fiber: 2.11g (8.43%), Potassium: 275.14mg (7.86%), Vitamin B6: 0.15mg (7.59%), Vitamin B2: 0.12mg (6.93%), Copper: 0.14mg (6.8%), Vitamin B3: 1.26mg (6.31%), Folate: 23.33µg (5.83%), Phosphorus: 55.86mg (5.59%), Vitamin E: 0.74mg (4.9%), Vitamin B5: 0.47mg (4.7%), Calcium: 44.69mg (4.47%), Magnesium: 16.96mg (4.24%), Vitamin B1: 0.06mg (4.17%), Iron: 0.65mg (3.63%), Selenium: 2.35µg (3.35%), Zinc: 0.35mg (2.35%)