



## KRAFT Easy Fall Ratatouille

 Gluten Free

READY IN



58 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 1 eggplant cut into bite-size pieces
- 1 onion cut into 1/2-inch-thick slices
- 1 bell pepper red cut into 1/2-inch-thick slices
- 2 Tbsp reduced fat topping parmesan style grated kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 1 zucchini cut into 1/2-inch-thick slices

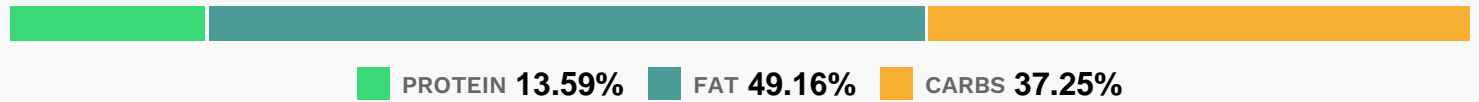
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 350F.
- Cook and stir first 5 ingredients in large skillet on medium-high heat 6 to 8 min. or until vegetables are crisp-tender and lightly browned.
- Add tomatoes; cook 15 min., stirring occasionally. Spoon into casserole; top with grated topping and mozzarella.
- Bake 15 min. or until mozzarella is melted and vegetable mixture is heated through.

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:2.14, Inflammation Score:-7, Nutrition Score:8.9652174231799%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 103.68kcal (5.18%), Fat: 6.11g (9.4%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 6.94g (2.52%), Sugar: 6.37g (7.08%), Cholesterol: 6.63mg (2.21%), Sodium: 135.16mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 30.43mg (36.88%), Manganese: 0.31mg (15.39%), Fiber: 3.48g (13.94%), Vitamin A: 693.54IU (13.87%), Vitamin K: 14.47µg (13.78%), Potassium: 404.57mg (11.56%), Vitamin B6: 0.23mg (11.4%), Vitamin E: 1.46mg (9.71%), Folate: 35.22µg (8.81%), Copper: 0.17mg (8.25%), Phosphorus: 81.24mg (8.12%), Calcium: 79.96mg (8%), Magnesium: 27.74mg (6.93%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.09mg (5.91%), Iron: 1.03mg (5.7%), Vitamin B5: 0.43mg (4.32%), Zinc: 0.62mg (4.15%), Vitamin B12: 0.19µg (3.13%), Selenium: 2.15µg (3.07%)