



Mediterranean Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon basil sweet
- 0.5 teaspoon basil sweet
- 1 bay leaves
- 1 serving rice cooked
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- 1 teaspoon cumin
- 2 cups eggplant unpeeled chopped

- 2 garlic clove minced
- 1 teaspoon garlic powder
- 2 cups bell pepper green cut into strips
- 0.3 teaspoon marjoram
- 1 teaspoon onion powder
- 1 cup onion red sliced canned (I like to use onion but you can use what you like)
- 0.3 teaspoon sage
- 1 serving salt and pepper
- 1 tablespoon country crock buttery spread (for non-vegan version, use regular margarine)
- 0.5 teaspoon paprika sweet
- 0.5 teaspoon thyme leaves
- 28 ounce tomatoes undrained
- 2 cups mushrooms white sliced
- 2 cups mushrooms white sliced
- 2 zucchini sliced

Equipment

- frying pan

Directions

- Heat skillet.
- Add garlic, peppers, onions, mushrooms and saute for a few minutes until tender.
- Add tomatoes, un-drained, egg plant, zucchini and stir sauteing until tender/crisp.
- Add thyme, bay leaf, garlic powder, onion powder and the rest of the seasonings. Cover with lid and simmer for 10-20 minutes.
- Serve over hot white or brown rice. Can serve over baked potatoes too or noodles.

Nutrition Facts



■ PROTEIN 15.61% ■ FAT 14.5% ■ CARBS 69.89%

Properties

Glycemic Index:751, Glycemic Load:90.23, Inflammation Score:-10, Nutrition Score:75.143477543541%

Flavonoids

Delphinidin: 140.53mg, Delphinidin: 140.53mg, Delphinidin: 140.53mg, Delphinidin: 140.53mg Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 14.52mg, Luteolin: 14.52mg, Luteolin: 14.52mg, Luteolin: 14.52mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 46.43mg, Quercetin: 46.43mg, Quercetin: 46.43mg, Quercetin: 46.43mg

Nutrients (% of daily need)

Calories: 886.47kcal (44.32%), Fat: 15.52g (23.88%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 168.38g (56.13%), Net Carbohydrates: 135.97g (49.44%), Sugar: 58.54g (65.04%), Cholesterol: 0mg (0%), Sodium: 403.95mg (17.56%), Alcohol: 0g (100%), Protein: 37.59g (75.19%), Vitamin C: 446.24mg (540.89%), Manganese: 4.16mg (208.23%), Copper: 4.05mg (202.26%), Vitamin A: 9653.89IU (193.08%), Potassium: 5490.62mg (156.87%), Vitamin B6: 3.07mg (153.26%), Vitamin B2: 2.32mg (136.37%), Fiber: 32.41g (129.65%), Vitamin B3: 24.26mg (121.3%), Vitamin K: 117.44µg (111.85%), Folate: 386.14µg (96.54%), Phosphorus: 960.19mg (96.02%), Vitamin B5: 9.23mg (92.34%), Selenium: 57.59µg (82.27%), Vitamin B1: 1.19mg (79.21%), Magnesium: 307.53mg (76.88%), Vitamin E: 9.61mg (64.09%), Iron: 9.9mg (55.01%), Zinc: 7.1mg (47.31%), Calcium: 309.45mg (30.95%), Vitamin D: 0.77µg (5.12%), Vitamin B12: 0.15µg (2.56%)