



HEALTH SCORE

74%

One-Pan Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**216 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 oz tomatoes diced canned
- ☐ 8 ounces asian eggplant diced rinsed ()
- ☐ 0.8 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 3 tablespoons olive oil
- ☐ 8 oz onion diced peeled ()
- ☐ 1 pound and/or orange bell peppers diced red yellow stemmed rinsed seeded ()
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 8 ounces summer squash diced yellow rinsed ends trimmed ()
- ☐ 8 ounces zucchini diced rinsed ends trimmed ()

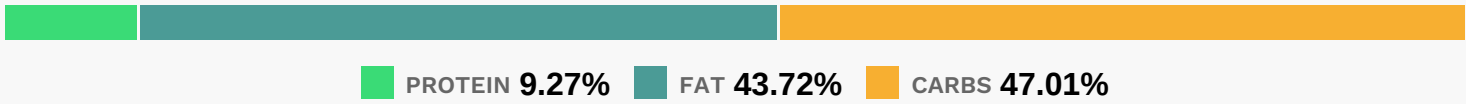
Equipment

- ☐ frying pan

Directions

- ☐ In a 12-inch frying pan with sides at least 2 inches tall, or a 5- to 6-quart pan, heat 1 1/2 tablespoons olive oil over medium-high heat.
- ☐ Add onion and garlic and stir frequently until onion is limp, about 5 minutes.
- ☐ Add tomatoes (with juice), eggplant, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 1/2 cup water and bring to a simmer. Cover, reduce heat, and simmer, stirring occasionally, until eggplant is soft when pierced, about 10 minutes.
- ☐ Stir in bell peppers, zucchini, and yellow squash. Return to a simmer, cover, and cook until squash is tender when pierced, 8 to 10 minutes longer.
- ☐ Stir in basil and remaining 1 1/2 tablespoons olive oil.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:3.86, Inflammation Score:-10, Nutrition Score:26.098261117935%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg

Nutrients (% of daily need)

Calories: 216.39kcal (10.82%), Fat: 11.59g (17.83%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 28.05g (9.35%),
Net Carbohydrates: 19.62g (7.13%), Sugar: 16.75g (18.62%), Cholesterol: 0mg (0%), Sodium: 598.88mg (26.04%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin C: 190.77mg (231.24%), Vitamin A:
4270.13IU (85.4%), Vitamin B6: 0.92mg (45.79%), Vitamin K: 43.09µg (41.04%), Manganese: 0.78mg (39.15%),
Vitamin E: 5.06mg (33.72%), Fiber: 8.43g (33.71%), Potassium: 1155.95mg (33.03%), Folate: 125.03µg (31.26%),
Vitamin B2: 0.38mg (22.64%), Iron: 3.38mg (18.78%), Magnesium: 73.15mg (18.29%), Vitamin B3: 3.59mg (17.96%),
Vitamin B1: 0.26mg (17.29%), Copper: 0.31mg (15.59%), Phosphorus: 146.69mg (14.67%), Calcium: 118.89mg (11.89%),
Vitamin B5: 1.05mg (10.55%), Zinc: 1.16mg (7.74%), Selenium: 1.23µg (1.76%)