



WHATSheATE



Oven-baked ratatouille & sausages



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



858 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 onion cut into 16 wedges
- ☐ 3 zucchini cut into bite-sized pieces
- ☐ 1 bell pepper red cut into bite-sized pieces
- ☐ 3 tbsp olive oil
- ☐ 8 large pork sausage
- ☐ 2 garlic clove crushed
- ☐ 400 g canned tomatoes chopped canned

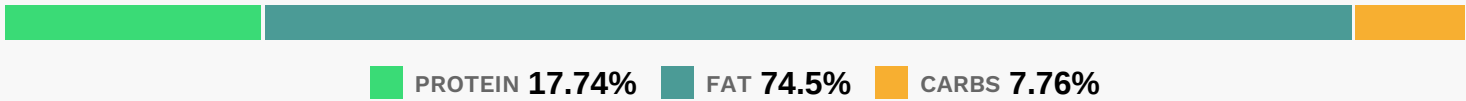
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place the onion, courgettes and red pepper in a baking dish, large enough to fit them in a single layer.
- ☐ Drizzle over 2 tbsp of the olive oil and season. Cook in the oven for 20 mins.
- ☐ Meanwhile, heat the remaining olive oil in a frying pan and cook the sausages for about 5 mins until lightly browned on all sides.
- ☐ Stir the garlic and chopped tomatoes into the veg, season again, then place the sausages on top and return to the oven to cook for a further 20 mins until the vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:30.999999932621%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 857.82kcal (42.89%), Fat: 71.33g (109.74%), Saturated Fat: 21.52g (134.51%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 12.23g (4.45%), Sugar: 10.51g (11.67%), Cholesterol: 162.72mg (54.24%), Sodium: 1583.88mg (68.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.43%), Vitamin C: 77.68mg (94.16%), Vitamin B3: 12.85mg (64.24%), Vitamin B6: 1.22mg (60.97%), Vitamin B1: 0.79mg (52.96%), Phosphorus: 410.96mg (41.1%), Zinc: 5.78mg (38.55%), Potassium: 1346.19mg (38.46%), Vitamin A: 1610.66IU (32.21%), Vitamin B12: 1.92µg (32.02%), Vitamin B2: 0.5mg (29.43%), Manganese: 0.55mg (27.42%), Iron: 4.62mg (25.68%), Vitamin E: 3.84mg (25.63%), Vitamin B5: 2.23mg (22.31%), Copper: 0.43mg (21.52%), Magnesium: 84.79mg (21.2%), Vitamin D:

2.94µg (19.59%), Vitamin K: 20.44µg (19.47%), Fiber: 4.49g (17.98%), Folate: 69.5µg (17.37%), Calcium: 89.09mg (8.91%), Selenium: 1.27µg (1.82%)