



Rapid Ratatouille

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bell pepper strips green
- 28 ounce canned tomatoes whole drained coarsely chopped canned
- 1 teaspoon penzey's southwest seasoning dried italian
- 1.5 cups onion vertically sliced
- 5 cups zucchini sliced

Equipment

- baking pan
- microwave

Directions

- Combine all ingredients except the Parmesan cheese in a shallow 2-quart baking dish; cover and microwave at HIGH 14 minutes, stirring after 7 minutes.
- Serve with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:13.781304369802%

Flavonoids

Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 81.75kcal (4.09%), Fat: 0.8g (1.23%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 13.19g (4.79%), Sugar: 10.71g (11.9%), Cholesterol: 0mg (0%), Sodium: 185.33mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin C: 53.6mg (64.97%), Manganese: 0.52mg (26.18%), Vitamin B6: 0.47mg (23.7%), Potassium: 763.39mg (21.81%), Fiber: 4.79g (19.16%), Copper: 0.33mg (16.55%), Vitamin K: 15.53µg (14.79%), Iron: 2.39mg (13.3%), Folate: 52.87µg (13.22%), Magnesium: 52.44mg (13.11%), Vitamin E: 1.94mg (12.92%), Vitamin B1: 0.18mg (11.92%), Vitamin A: 589.46IU (11.79%), Vitamin B3: 2.26mg (11.32%), Vitamin B2: 0.19mg (10.91%), Phosphorus: 98.66mg (9.87%), Calcium: 78.52mg (7.85%), Vitamin B5: 0.66mg (6.55%), Zinc: 0.8mg (5.31%), Selenium: 1.22µg (1.74%)