



Ratatouille

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



86 min.

SERVINGS



26

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup classic catalina dressing divided kraft
- 1 small eggplant cut into 1/2-inch pieces
- 0.3 cup basil fresh chopped
- 4 cloves garlic minced
- 1 onion coarsely chopped
- 2 large pasilla peppers red cut into 3/4-inch pieces
- 0.5 tsp salt
- 1 lb tomatoes chopped

0.8 lb zucchini sliced cut in half lengthwise,

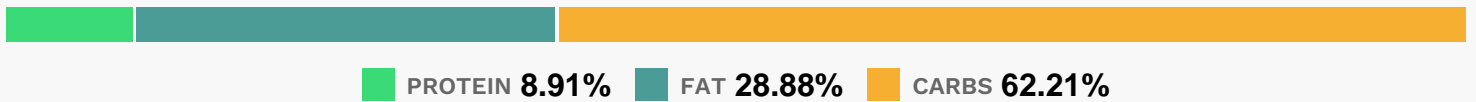
Equipment

- frying pan
- paper towels
- colander

Directions

- Place eggplant in colander.
- Sprinkle with salt; mix lightly.
- Let stand 30 min. Rinse, drain and pat dry with paper towel.
- Heat 1/4 cup dressing in large nonstick skillet.
- Add eggplant; cook and stir 6 to 7 min. or until softened and browned. Spoon eggplant to side of skillet.
- Add 3 Tbsp. of the remaining dressing, peppers, zucchini, garlic and onions to center of skillet; cook and stir 3 to 5 min. or until vegetables are tender. Spoon to side of skillet.
- Add remaining dressing and tomatoes; cook and stir 3 min.
- Mix vegetables and tomatoes; cover. Cook on low heat 15 to 20 min. or until vegetables are very tender, stirring occasionally.
- Stir in basil.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:3.7208695359852%

Flavonoids

Delphinidin: 15.09mg, Delphinidin: 15.09mg, Delphinidin: 15.09mg, Delphinidin: 15.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 29.63kcal (1.48%), Fat: 1g (1.54%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.4g (3.77%), Cholesterol: 0mg (0%), Sodium: 107.13mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin C: 21.78mg (26.4%), Vitamin A: 586.89IU (11.74%), Manganese: 0.11mg (5.74%), Vitamin B6: 0.1mg (4.9%), Fiber: 1.22g (4.88%), Potassium: 151.4mg (4.33%), Vitamin K: 4.48µg (4.26%), Folate: 16.46µg (4.12%), Vitamin E: 0.37mg (2.44%), Magnesium: 8.99mg (2.25%), Vitamin B3: 0.41mg (2.06%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.89%), Phosphorus: 18.77mg (1.88%), Vitamin B5: 0.14mg (1.4%), Iron: 0.22mg (1.21%)