



Ratatouille

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black freshly ground
- 1 pound eggplant trimmed cut into large dice
- 2 tablespoons basil fresh thinly sliced
- 4 medium garlic clove finely chopped
- 8 servings kosher salt
- 3 tablespoons olive oil
- 1 medium bell pepper red cored seeded cut into large dice
- 12 ounces tomatoes cored cut into large dice

- 1 medium onion yellow
- 1 pound to 3 sized squashes yellow trimmed cut into large dice (zucchini, , or a mixture of both)

Equipment

- bowl
- frying pan
- spatula

Directions

- Heat a large frying pan over high heat until a bead of water dances when dropped in the pan, about 3 to 4 minutes.
- Drizzle 1 tablespoon of the oil around the perimeter of the pan, add the eggplant, and season generously with salt and pepper. Cook, stirring occasionally with a metal spatula, until crisp-tender and browned in spots, about 2 minutes.
- Transfer to a large bowl and set aside.
- Drizzle 1 tablespoon of the oil around the perimeter of the pan, add the squash, and season with salt and pepper. Cook, stirring occasionally with the spatula, until crisp-tender and browned in spots, about 2 minutes.
- Transfer to the bowl with the eggplant and set aside. Reduce the heat to medium and add the last tablespoon of oil.
- Add the bell pepper and onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
- Add the garlic and cook, stirring occasionally, until fragrant, about 30 seconds to 1 minute.
- Add the tomatoes, season with salt and pepper, and cook, stirring occasionally, until they're starting to soften and have released their juices, about 4 minutes.
- Add the reserved eggplant and squash and cook, stirring occasionally, until heated, about 2 minutes.
- Remove the pan from the heat and stir in the basil. Taste and season with salt and pepper as needed.

Nutrition Facts



■ PROTEIN 8.38% ■ FAT 51.95% ■ CARBS 39.67%

Properties

Glycemic Index:36.38, Glycemic Load:1.96, Inflammation Score:-7, Nutrition Score:8.9791303847147%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 89.28kcal (4.46%), Fat: 5.61g (8.63%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 6.2g (2.25%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 199.73mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin C: 37.33mg (45.25%), Vitamin A: 973.73IU (19.47%), Manganese: 0.36mg (17.89%), Vitamin B6: 0.28mg (14.24%), Fiber: 3.45g (13.78%), Vitamin K: 13.25µg (12.62%), Potassium: 439.55mg (12.56%), Folate: 45.15µg (11.29%), Vitamin E: 1.47mg (9.79%), Vitamin B2: 0.13mg (7.54%), Magnesium: 26.29mg (6.57%), Copper: 0.12mg (5.79%), Phosphorus: 55.95mg (5.59%), Vitamin B1: 0.08mg (5.51%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.36mg (3.61%), Iron: 0.62mg (3.44%), Zinc: 0.41mg (2.74%), Calcium: 26.28mg (2.63%)