



HEALTH SCORE

39%

# Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 pinch pepper red crushed
- 1 medium eggplant cut into 1/2-inch dice
- 6 basil fresh cut into chiffonade
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- 4 cloves garlic smashed finely chopped
- 6 servings kosher salt
- 6 servings olive oil extra virgin extra-virgin
- 1 large onion cut into 1/4-inch dice

- 1 bell pepper red cut into 1/2-inch dice
- 2 small summer squash cut into 1/2-inch dice
- 1 small thyme sprigs fresh
- 3 large tomatoes cut into 1/2-inch dice
- 1 large zucchini cut into 1/2-inch dice

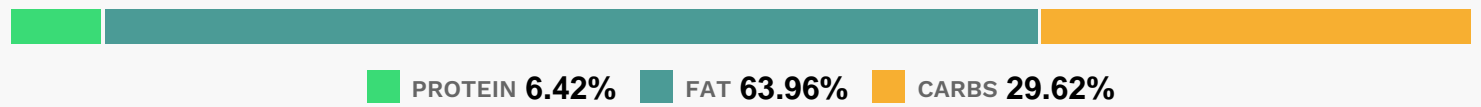
## Equipment

- frying pan

## Directions

- Coat a large wide pan with olive oil.
- Add the onions, season with salt and crushed red pepper and bring the pan to a medium heat. Cook the onions until they are soft and very aromatic but have no color, 7 to 8 minutes.
- Add the garlic and cook for 2 to 3 minutes.
- Add the tomatoes, 1/2 cup water, thyme bundle and season with salt. Cook the tomatoes until they become very pulpy and have broken apart, 15 to 20 minutes.
- Add the peppers and cook for 5 minutes.
- Add the eggplant, summer squash and zucchini, season with salt and cook until the squash is soft, 15 to 20 minutes.
- Stir in the basil and taste to make sure the seasoning is correct.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:64.83, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:14.654347751452%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin:

0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin:  
1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol:  
0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg,  
Myricetin: 0.16mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

## **Nutrients (% of daily need)**

Calories: 193.2kcal (9.66%), Fat: 14.67g (22.57%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 15.28g (5.09%),  
Net Carbohydrates: 10g (3.64%), Sugar: 9.22g (10.24%), Cholesterol: 0mg (0%), Sodium: 207.69mg (9.03%),  
Alcohol: 0g (100%), Protein: 3.31g (6.62%), Vitamin C: 58.74mg (71.2%), Vitamin A: 1638.64IU (32.77%), Manganese:  
0.55mg (27.28%), Vitamin K: 26.23µg (24.98%), Vitamin B6: 0.43mg (21.25%), Vitamin E: 3.18mg (21.21%), Fiber:  
5.28g (21.11%), Potassium: 724.28mg (20.69%), Folate: 69.33µg (17.33%), Magnesium: 43.26mg (10.82%), Vitamin  
B2: 0.18mg (10.55%), Copper: 0.19mg (9.38%), Phosphorus: 91.7mg (9.17%), Vitamin B1: 0.13mg (8.88%), Vitamin B3:  
1.72mg (8.6%), Iron: 1.07mg (5.93%), Vitamin B5: 0.57mg (5.74%), Zinc: 0.69mg (4.59%), Calcium: 43.65mg (4.36%),  
Selenium: 0.85µg (1.21%)