



Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 medium eggplant quartered
- ☐ 1 fennel bulb
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 head garlic

- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 bell pepper red with tip of knife
- ☐ 2 cups tomato sauce
- ☐ 3 bell pepper yellow with tip of knife
- ☐ 2 medium zucchini quartered

Equipment

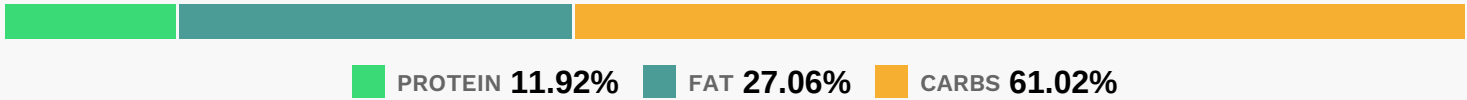
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 350°F.
- ☐ In large saucepan over moderately high heat, bring 2 quarts salted water to boil.
- ☐ Add fennel and boil until tender, about 10 minutes.
- ☐ Meanwhile, rub red and yellow peppers, zucchini, and eggplant with olive oil and transfer to large baking sheet.
- ☐ Cut off top 1/2 inch from garlic head. Wrap in foil and transfer to baking sheet alongside vegetables.
- ☐ When fennel is tender, use tongs to transfer to sheet and rub with oil. Roast vegetables, turning occasionally, until tender and slightly browned, 30 to 40 minutes.
- ☐ Transfer roasted peppers to large bowl and cover with plastic wrap.
- ☐ Let all vegetables stand until cooled slightly, about 10 minutes. Peel and deseed peppers, then finely dice.

- ☐
- Remove seeds from zucchini and finely dice. Finely dice eggplant. Core fennel and finely dice.
- ☐
- In large saucepan over moderately high heat, combine diced roasted vegetables and tomato sauce. Squeeze garlic from skins into pan. Simmer mixture, uncovered, stirring occasionally, until thickened with very little liquid remaining, about 10 minutes.
- ☐
- Stir in basil, thyme, marjoram, salt, pepper, balsamic vinegar, and remaining 1/4 cup olive oil.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.37, Inflammation Score:-9, Nutrition Score:16.76173917107%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 102.1kcal (5.11%), Fat: 3.47g (5.33%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 12g (4.36%), Sugar: 8.79g (9.76%), Cholesterol: 0mg (0%), Sodium: 895.88mg (38.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.87%), Vitamin C: 158.81mg (192.49%), Vitamin A: 1942.76IU (38.86%), Vitamin K: 29.92µg (28.5%), Manganese: 0.55mg (27.46%), Vitamin B6: 0.45mg (22.64%), Fiber: 5.58g (22.33%), Potassium: 774.43mg (22.13%), Folate: 70.48µg (17.62%), Vitamin E: 2.38mg (15.89%), Copper: 0.24mg (11.8%), Vitamin B3: 2.26mg (11.3%), Magnesium: 44.24mg (11.06%), Vitamin B2: 0.17mg (10.14%), Iron: 1.73mg (9.59%), Phosphorus: 92.65mg (9.26%), Vitamin B5: 0.76mg (7.61%), Vitamin B1: 0.11mg (7.08%), Calcium: 54.8mg (5.48%), Zinc: 0.69mg (4.58%), Selenium: 1.53µg (2.19%)