



Ratatouille

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 lb eggplant cut into 1-inch cubes
- ☐ 20 basil fresh
- ☐ 1 cup parsley fresh chopped
- ☐ 8 large garlic clove thinly sliced
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 2 large onion thinly sliced quartered ()
- ☐ 8 servings parmesan fresh

- ☐ 2.3 teaspoons salt
- ☐ 2.5 lb tomatoes (4 large)
- ☐ 3 bell pepper green red yellow assorted cut into 1-inch pieces (, , and/or ;)
- ☐ 2 lb zucchini quartered

Equipment

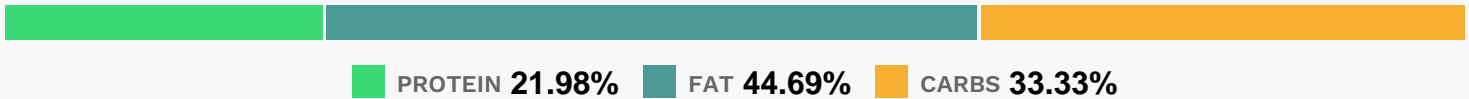
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board

Directions

- ☐ Cut an X in bottom of each tomato with a sharp paring knife and blanch together in a 4-quart pot of boiling water 1 minute.
- ☐ Transfer tomatoes with a slotted spoon to a cutting board and, when cool enough to handle, peel off skin, beginning from scored end, with paring knife.
- ☐ Coarsely chop tomatoes and transfer to a 5-quart heavy pot with garlic, parsley, basil, and 1/3 cup oil. Simmer, partially covered, stirring occasionally, until tomatoes break down and sauce is slightly thickened, about 30 minutes.
- ☐ While sauce is simmering, toss eggplant with 1/2 teaspoon salt in a large colander and let stand in sink 30 minutes.
- ☐ Meanwhile, cook onions in 3 tablespoons oil with 1/4 teaspoon salt in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened, 10 to 12 minutes.
- ☐ Transfer onions with a slotted spoon to a large bowl, then add 3 tablespoons oil to skillet and cook bell peppers with 1/4 teaspoon salt over moderate heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Transfer peppers with slotted spoon to bowl with onions.

- ☐ Add 3 tablespoons oil to skillet and cook zucchini with 1/4 teaspoon salt over moderate heat, stirring occasionally, until just tender, 6 to 8 minutes.
- ☐ Transfer zucchini with slotted spoon to bowl with other vegetables.
- ☐ While zucchini are cooking, pat eggplant dry with paper towels.
- ☐ Add remaining oil (about 1/4 cup) to skillet and cook eggplant over moderate heat, stirring occasionally, until softened, 10 to 12 minutes.
- ☐ Add vegetables, remaining teaspoon salt, and black pepper to tomato sauce and simmer, covered, stirring occasionally, until vegetables are very tender, about 1 hour. Cool, uncovered, and serve warm or at room temperature.
- ☐ Stew can be made 2 days ahead and chilled, covered. Bring to room temperature or reheat before serving.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:27.666086901789%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 270.12kcal (13.51%), Fat: 14.2g (21.84%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 15.83g (5.76%), Sugar: 13.56g (15.07%), Cholesterol: 20.4mg (6.8%), Sodium: 1160.79mg (50.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Vitamin K: 154.66µg (147.3%), Vitamin C: 91.96mg (111.46%), Vitamin A: 2519.3IU (50.39%), Calcium: 429.37mg (42.94%), Manganese: 0.83mg (41.27%), Phosphorus: 342.02mg (34.2%), Fiber: 7.99g (31.96%), Potassium: 1110.42mg (31.73%), Vitamin B6: 0.61mg (30.58%), Folate: 99.3µg (24.83%), Magnesium: 78.66mg (19.67%), Vitamin B2: 0.31mg (18.2%), Copper: 0.32mg (15.77%), Vitamin E: 2.33mg (15.51%), Vitamin B1: 0.22mg (14.33%), Vitamin B3: 2.56mg (12.79%), Zinc: 1.86mg (12.39%), Iron: 2.14mg (11.86%), Selenium: 7.95µg (11.36%), Vitamin B5: 0.95mg (9.54%), Vitamin B12: 0.36µg (6%)