



Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 oz tomatoes diced canned
- ☐ 1 lb eggplant peeled cut into 1-inch pieces
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 1 bell pepper red

- ☐ 0.3 teaspoon salt
- ☐ 1 bell pepper yellow
- ☐ 0.5 pound baby squash yellow
- ☐ 0.5 pound zucchini

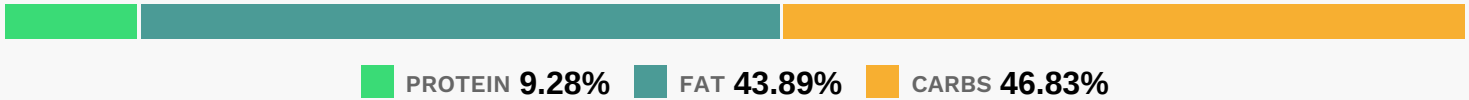
Equipment

- ☐ frying pan

Directions

- ☐ Cut first 5 ingredients into 1-inch pieces.
- ☐ Saut onion and garlic in hot oil in a large skillet over medium heat 5 to 7 minutes or just until onion is tender. Stir in tomatoes and next 2 ingredients, and saut 8 to 10 minutes or just until eggplant begins to soften. Stir in bell peppers, zucchini, and squash; cover and cook, stirring occasionally, 8 to 10 minutes or until vegetables are tender and liquid is slightly reduced. Stir in basil.
- ☐ Add salt and freshly ground pepper to taste, and saut 3 minutes.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:16.404347917308%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 142.67kcal (7.13%), Fat: 7.67g (11.8%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 12.6g (4.58%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 301.25mg (13.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin C: 107.61mg (130.43%), Manganese: 0.54mg (27.02%),

Vitamin B6: 0.54mg (26.93%), Fiber: 5.82g (23.28%), Potassium: 789.58mg (22.56%), Vitamin A: 1098.69IU (21.97%), Vitamin K: 18.92µg (18.02%), Vitamin E: 2.66mg (17.7%), Folate: 69.12µg (17.28%), Vitamin B2: 0.23mg (13.43%), Copper: 0.25mg (12.41%), Magnesium: 48.81mg (12.2%), Iron: 2.15mg (11.94%), Vitamin B3: 2.33mg (11.64%), Vitamin B1: 0.17mg (11.17%), Phosphorus: 95.94mg (9.59%), Calcium: 75.42mg (7.54%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.71mg (4.75%), Selenium: 0.86µg (1.23%)