



# Ratatouille and Goat Cheese Wrapped in Phyllo

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon mustard dry
- 2 cups eggplant diced peeled finely
- 1.5 tablespoons basil fresh minced
- 1 teaspoon thyme leaves fresh minced
- 2 garlic cloves minced
- 4 ounce goat cheese crumbled
- 1 teaspoon olive oil divided

- 1 cup onion finely chopped
- 0.3 teaspoon pepper
- 20 sheets phyllo dough frozen thawed
- 1 cup bell pepper red finely chopped
- 5 cups gourmet salad greens
- 0.3 teaspoon salt
- 0.7 cup tomatoes diced peeled seeded
- 1.5 cups baby squash diced yellow finely
- 2 cups zucchini diced finely

## Equipment

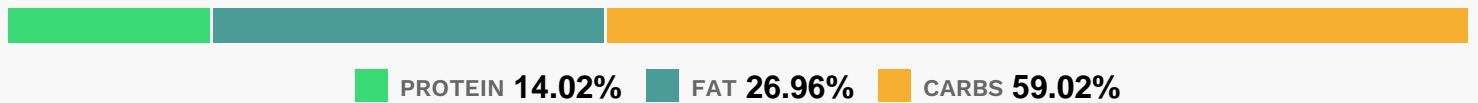
- frying pan
- baking sheet
- oven
- cutting board

## Directions

- Heat 1/4 teaspoon oil in a large nonstick skillet.
- Add eggplant; saut 2 minutes.
- Remove eggplant from pan; set aside.
- Heat 1/2 teaspoon oil in pan; add zucchini, yellow squash, and bell pepper, saut 2 minutes.
- Remove zucchini mixture from pan, and set aside.
- Heat 1/4 teaspoon oil in pan.
- Add chopped onion and garlic, and saut 2 minutes. Stir in tomato; cook 3 minutes. Return eggplant and zucchini mixture to pan, and cook 5 minutes.
- Remove pan from heat. Stir in basil and the next 5 ingredients (basil through goat cheese).
- Preheat oven to 45
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to keep from drying); lightly coat with cooking spray.

- Place another phyllo sheet on top of first sheet; lightly coat with cooking spray. Repeat with 2 more sheets.
- Cut stack into 4 (4 1/2 x 14-inch) strips crosswise. Spoon about 1/4 cup vegetable mixture onto short end of each stack. Fold the left bottom corner over mixture, forming a triangle; keep folding back and forth into a triangle to end of strip. Repeat with remaining phyllo and vegetable mixture.
- Place triangles, seam sides down, on a baking sheet; lightly coat with cooking spray.
- Bake at 450 for 6 minutes or until golden.
- Serve warm with gourmet greens.

## Nutrition Facts



## Properties

Glycemic Index:17.55, Glycemic Load:4.13, Inflammation Score:-5, Nutrition Score:5.3791304450968%

## Flavonoids

Delphinidin: 7.03mg, Delphinidin: 7.03mg, Delphinidin: 7.03mg, Delphinidin: 7.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

## Nutrients (% of daily need)

Calories: 87.93kcal (4.4%), Fat: 2.67g (4.1%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 11.91g (4.33%), Sugar: 1.72g (1.91%), Cholesterol: 2.61mg (0.87%), Sodium: 157.77mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin C: 17.32mg (20.99%), Manganese: 0.2mg (10.19%), Vitamin A: 471.42IU (9.43%), Vitamin B1: 0.13mg (8.99%), Folate: 34.13µg (8.53%), Vitamin B2: 0.13mg (7.76%), Selenium: 4.84µg (6.92%), Vitamin B6: 0.12mg (5.9%), Iron: 1.03mg (5.75%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 49.24mg (4.92%), Fiber: 1.23g (4.91%), Copper: 0.1mg (4.78%), Potassium: 151.3mg (4.32%), Magnesium: 12.72mg (3.18%), Vitamin K: 3.07µg (2.92%), Calcium: 21.57mg (2.16%), Vitamin B5: 0.22mg (2.15%), Zinc: 0.3mg (1.97%), Vitamin E: 0.28mg (1.87%)