

Ratatouille Bake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 0.5 cup celery sliced
- 0.5 teaspoon pepper red crushed
- 2 teaspoons basil dried
- 2 cups eggplant diced peeled
- 6 ounces feta cheese crumbled
- 2 teaspoons olive oil

- 1.5 cups onion diced
- 2 teaspoons oregano dried
- 1 tablespoon paprika
- 1 cup bell pepper diced red
- 1.5 cups rice long-grain uncooked
- 14.5 ounce vegetable broth canned
- 2 cups zucchini sliced

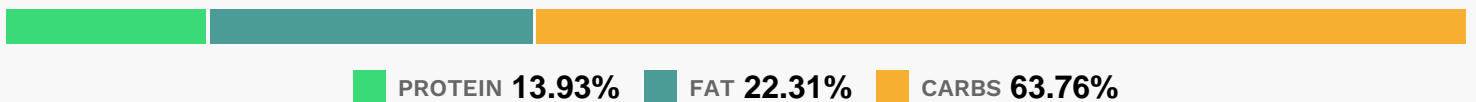
Equipment

- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- Heat oil in Dutch oven over medium-high heat.
- Add eggplant and next 8 ingredients (eggplant through red pepper); saute 1 minute.
- Add rice; saute 3 minutes. Stir in tomatoes and broth; bring to boil.
- Add cheese and chickpeas; stir well. Spoon rice mixture into a 13 x 9-inch baking dish. Cover and bake at 375 for 40 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:40.84, Glycemic Load:19.08, Inflammation Score:-9, Nutrition Score:16.219565204952%

Flavonoids

Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 6.59g (10.13%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 36.64g (13.33%), Sugar: 5.78g (6.42%), Cholesterol: 16.82mg (5.61%), Sodium: 607.15mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Manganese: 1.03mg (51.59%), Vitamin C: 32.94mg (39.93%), Vitamin B6: 0.6mg (30.06%), Vitamin A: 1311.19IU (26.22%), Fiber: 5.71g (22.85%), Phosphorus: 185.1mg (18.51%), Calcium: 164.24mg (16.42%), Vitamin B2: 0.28mg (16.38%), Copper: 0.29mg (14.54%), Vitamin K: 15.03µg (14.31%), Potassium: 484.77mg (13.85%), Folate: 54.14µg (13.53%), Iron: 2.4mg (13.32%), Selenium: 9.12µg (13.03%), Magnesium: 50.73mg (12.68%), Zinc: 1.62mg (10.79%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 1mg (10.01%), Vitamin B1: 0.15mg (9.75%), Vitamin B3: 1.88mg (9.39%), Vitamin B12: 0.32µg (5.32%)