



Ratatouille Parcels



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 2 eggplant
- ☐ 1.8 oz ginger fresh
- ☐ 1 optional: lemon organic (unwaxed)
- ☐ 0.7 cup olive oil
- ☐ 0.5 cup port wine white
- ☐ 2 bell pepper red
- ☐ 1 rosemary

- ☐ 6 servings salt and pepper
- ☐ 4 spring onion
- ☐ 2 bell pepper yellow

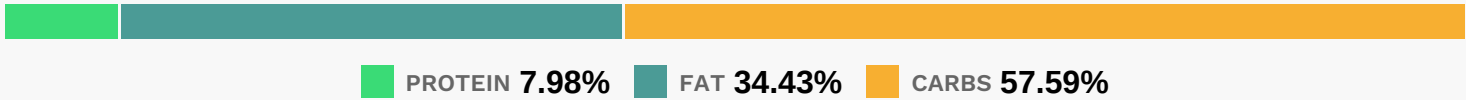
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Finely dice the vegetables. Peel and finely slice the ginger, cut the lemon into segments.
- ☐ Make a parcel by layering two sheets of foil.
- ☐ Place all of the vegetables inside the parcel, add the ginger, olive oil, port, rosemary, bay leaf and lemon, season, seal tightly.
- ☐ Cook over gentle heat for 15 minutes.
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Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:2.44, Inflammation Score:-9, Nutrition Score:14.90999987851%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 131.6mg, Delphinidin: 131.6mg, Delphinidin: 131.6mg, Delphinidin: 131.6mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg
Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 148.12kcal (7.41%), Fat: 5.41g (8.33%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 20.37g (6.79%), Net
Carbohydrates: 13.71g (4.99%), Sugar: 9.39g (10.43%), Cholesterol: 0mg (0%), Sodium: 203.85mg (8.86%), Alcohol:
3.06g (100%), Alcohol %: 1.25% (100%), Protein: 2.82g (5.64%), Vitamin C: 138.4mg (167.75%), Vitamin A: 1441.68IU
(28.83%), Fiber: 6.66g (26.64%), Vitamin K: 26.74µg (25.47%), Manganese: 0.51mg (25.41%), Potassium: 617.37mg
(17.64%), Folate: 70.24µg (17.56%), Vitamin B6: 0.34mg (17.17%), Vitamin E: 1.87mg (12.46%), Copper: 0.21mg
(10.71%), Magnesium: 39.35mg (9.84%), Vitamin B3: 1.9mg (9.49%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.12mg
(6.86%), Vitamin B5: 0.68mg (6.85%), Phosphorus: 66.96mg (6.7%), Iron: 1.07mg (5.94%), Calcium: 34.76mg
(3.48%), Zinc: 0.5mg (3.31%), Selenium: 0.9µg (1.28%)