



Ratatouille Polenta Bake

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup onion coarsely chopped
- ☐ 1 cup bell pepper coarsely chopped
- ☐ 1 pound eggplant diced unpeeled (2 cups)
- ☐ 1 cup zucchini diced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 14.5 ounces canned tomatoes italian-style undrained canned
- ☐ 16 ounces polenta plain refrigerated or any flavor)

- ☐ 2 tablespoons parmesan shredded
- ☐ 3 ounces mozzarella cheese shredded finely
- ☐ 0.3 cup parsley fresh chopped

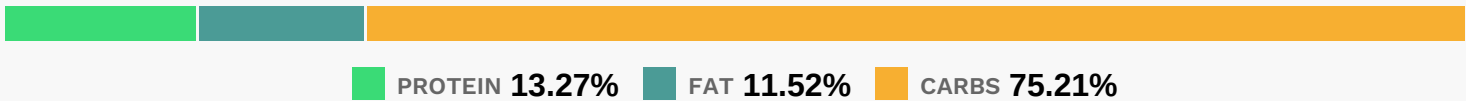
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook onion and bell pepper in skillet 2 minutes, stirring occasionally. Stir in eggplant, zucchini, salt and pepper. Cook 3 to 4 minutes, stirring occasionally, until vegetables are tender. Stir in tomatoes, breaking up with spoon; reduce heat to low. Cook 3 minutes, stirring occasionally.
- ☐ Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- ☐ Cut polenta into 1/4-inch slices. Arrange slices on bottom of dish, overlapping and cutting to fit where necessary.
- ☐ Sprinkle with Parmesan cheese. Spoon vegetable mixture evenly over top.
- ☐ Cover and bake 30 minutes.
- ☐ Sprinkle with mozzarella cheese and parsley.
- ☐ Bake uncovered about 15 minutes or until cheese is melted and casserole is bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:17.487826272197%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 386.76kcal (19.34%), Fat: 5.01g (7.71%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 73.58g (24.53%), Net Carbohydrates: 67.74g (24.63%), Sugar: 8.47g (9.41%), Cholesterol: 12.33mg (4.11%), Sodium: 406.67mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin C: 47.76mg (57.9%), Vitamin K: 50.15µg (47.77%), Vitamin A: 1465.49IU (29.31%), Manganese: 0.48mg (24.11%), Selenium: 16.41µg (23.45%), Fiber: 5.84g (23.35%), Vitamin B6: 0.41mg (20.43%), Potassium: 630.54mg (18.02%), Phosphorus: 176.76mg (17.68%), Magnesium: 57.7mg (14.42%), Vitamin B1: 0.22mg (14.34%), Copper: 0.27mg (13.54%), Calcium: 134.98mg (13.5%), Folate: 53.16µg (13.29%), Vitamin B3: 2.64mg (13.2%), Iron: 2.27mg (12.63%), Vitamin B2: 0.19mg (10.95%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 0.95mg (9.46%), Zinc: 1.25mg (8.37%), Vitamin B12: 0.34µg (5.72%)