



Ratatouille Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



280 min.

SERVINGS



2

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound eggplant
- ☐ 1 cup water
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons basil dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground mustard

- ☐ 0.1 teaspoon pepper
- ☐ 1.5 cups tomatoes chopped
- ☐ 2 cups zucchini thinly sliced
- ☐ 1 small onion separated sliced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup parsley fresh chopped

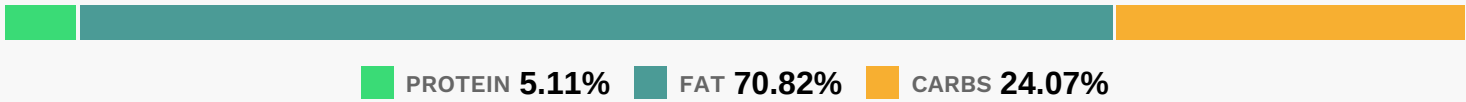
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cut eggplant into 1/2-inch cubes.
- ☐ Heat 1 cup water and 1/4 teaspoon salt to boiling in 3-quart saucepan.
- ☐ Add eggplant. Cover and heat to boiling; reduce heat. Simmer uncovered 5 to 8 minutes or until tender; drain.
- ☐ Mix oil, lemon juice, basil, 1/2 teaspoon salt, the mustard and pepper in large glass or plastic bowl.
- ☐ Add eggplant and remaining ingredients; toss. Cover and refrigerate about 4 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:27.710434809975%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 1.87mg, Luteolin: 1.87mg,

Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 452.61kcal (22.63%), Fat: 37.8g (58.16%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 17.44g (6.34%), Sugar: 16.94g (18.82%), Cholesterol: 0mg (0%), Sodium: 907.13mg (39.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Vitamin K: 273.19µg (260.18%), Vitamin C: 94.18mg (114.16%), Manganese: 1.11mg (55.49%), Fiber: 11.46g (45.83%), Vitamin A: 2221.14IU (44.42%), Potassium: 1326.82mg (37.91%), Folate: 128.92µg (32.23%), Vitamin B6: 0.64mg (31.96%), Vitamin E: 4.78mg (31.87%), Magnesium: 89.87mg (22.47%), Copper: 0.42mg (20.82%), Iron: 3.09mg (17.14%), Vitamin B1: 0.24mg (16.01%), Phosphorus: 160.05mg (16%), Vitamin B2: 0.27mg (15.72%), Vitamin B3: 3.13mg (15.67%), Vitamin B5: 1.14mg (11.43%), Calcium: 106.27mg (10.63%), Zinc: 1.29mg (8.59%), Selenium: 2.21µg (3.15%)