



Ratatouille Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



280 min.

SERVINGS



1

CALORIES



905 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound eggplant
- 2 teaspoons basil dried fresh chopped
- 0.3 cup parsley fresh chopped
- 0.5 cup bell pepper green chopped
- 0.5 teaspoon ground mustard
- 2 tablespoons juice of lemon
- 1 small onion separated sliced
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1.5 cups tomatoes chopped
- 0.3 cup vegetable oil
- 1 cup water
- 2 cups zucchini thinly sliced

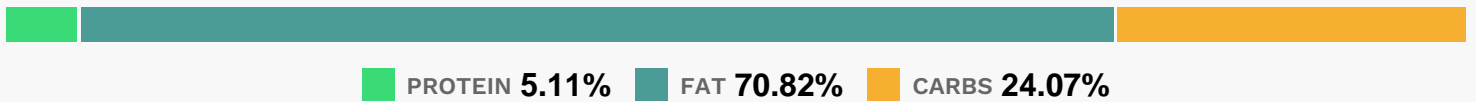
Equipment

- 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:184, Glycemic Load:8.88, Inflammation Score:-10, Nutrition Score:46.247391265372%

Flavonoids

Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg, Delphinidin: 388.68mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg

3.74mg, Luteolin: 3.74mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg
Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 3.29mg, Myricetin: 3.29mg,
Myricetin: 3.29mg, Myricetin: 3.29mg Quercetin: 19.14mg, Quercetin: 19.14mg, Quercetin: 19.14mg, Quercetin:
19.14mg

Nutrients (% of daily need)

Calories: 905.23kcal (45.26%), Fat: 75.6g (116.31%), Saturated Fat: 11.69g (73.03%), Carbohydrates: 57.8g (19.27%),
Net Carbohydrates: 34.89g (12.69%), Sugar: 33.88g (37.64%), Cholesterol: 0mg (0%), Sodium: 1814.26mg (78.88%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin K: 546.38µg (520.36%), Vitamin C:
188.37mg (228.32%), Manganese: 2.22mg (110.99%), Fiber: 22.92g (91.66%), Vitamin A: 4442.29IU (88.85%),
Potassium: 2653.64mg (75.82%), Folate: 257.85µg (64.46%), Vitamin B6: 1.28mg (63.91%), Vitamin E: 9.56mg
(63.74%), Magnesium: 179.74mg (44.93%), Copper: 0.83mg (41.64%), Iron: 6.17mg (34.28%), Phosphorus: 320.1mg
(32.01%), Vitamin B1: 0.48mg (32.01%), Vitamin B2: 0.53mg (31.43%), Vitamin B3: 6.27mg (31.33%), Vitamin B5:
2.29mg (22.87%), Calcium: 212.55mg (21.25%), Zinc: 2.58mg (17.19%), Selenium: 4.41µg (6.31%)