



 **53%**  
HEALTH SCORE

## Ratatouille Soup

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices baguette thick
- 28 ounce canned tomatoes whole crushed canned
- 1 handful of basil leaves fresh
- 4 cloves garlic smashed
- 3 teaspoons herbs de provence
- 1 small baby eggplant diced
- 4 servings kosher salt
- 3 tablespoons olive oil extra-virgin plus more for brushing

- 1 large onion diced
- 4 servings pepper freshly ground
- 1 cup swiss cheese grated
- 2 cups vegetable broth low-sodium
- 1 bell pepper diced yellow
- 1 small zucchini diced

## Equipment

- bowl
- ladle
- pot
- blender
- broiler

## Directions

- Heat the olive oil in a large pot over medium-high heat.
- Add the onion and garlic and cook until soft, about 3 minutes.
- Add 1 to 2 teaspoons herbes de Provence and 1 teaspoon salt.
- Add the eggplant, zucchini and bell pepper and cook, stirring, 5 minutes.
- Add the tomatoes and their juices, the broth and half of the basil. Bring to a boil, then reduce the heat and simmer 20 minutes.
- Preheat the broiler.
- Brush the bread with olive oil; sprinkle with the remaining 2 teaspoons herbes de Provence and salt to taste. Broil until lightly toasted. Top with the cheese, then broil until melted.
- Puree about half of the soup in a blender, then return to the pot. Season with salt and pepper. Ladle the soup into bowls and top with the cheese toasts and the remaining basil.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 15.12% ■ FAT 38.53% ■ CARBS 46.35%

## Properties

Glycemic Index:85.19, Glycemic Load:26.94, Inflammation Score:-9, Nutrition Score:30.356956523398%

## Flavonoids

Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

## Nutrients (% of daily need)

Calories: 484.77kcal (24.24%), Fat: 21.55g (33.15%), Saturated Fat: 6.88g (43.03%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 49.42g (17.97%), Sugar: 16.6g (18.45%), Cholesterol: 25.11mg (8.37%), Sodium: 907.97mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Vitamin C: 83.55mg (101.27%), Manganese: 1.06mg (52.81%), Calcium: 417.83mg (41.78%), Vitamin B1: 0.6mg (39.69%), Vitamin K: 37.68µg (35.89%), Fiber: 8.89g (35.55%), Iron: 6.34mg (35.23%), Folate: 133.58µg (33.4%), Phosphorus: 328.6mg (32.86%), Vitamin B3: 6.22mg (31.09%), Vitamin B6: 0.62mg (30.8%), Vitamin E: 4.62mg (30.77%), Selenium: 21.3µg (30.43%), Potassium: 1025.26mg (29.29%), Copper: 0.58mg (29%), Vitamin B2: 0.46mg (27.26%), Magnesium: 88.68mg (22.17%), Zinc: 2.61mg (17.38%), Vitamin A: 838.7IU (16.77%), Vitamin B12: 0.82µg (13.59%), Vitamin B5: 1.24mg (12.45%)