

Ratatouille Soup

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



32 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 2.5 cups eggplant cubed peeled 1 medium
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 29 ounce no-salt-added tomatoes whole undrained chopped canned
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 2 cups water
- ☐ 1 medium zucchini coarsely chopped

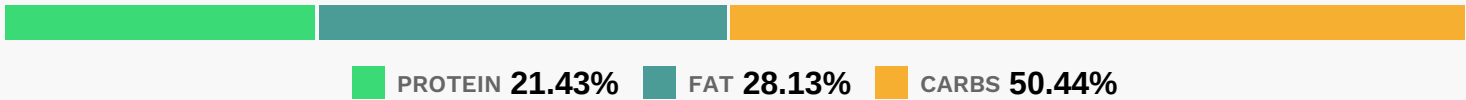
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Combine first 9 ingredients in a Dutch oven, stirring well. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until vegetables are tender. To serve, ladle soup into individual bowls; sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.6178260659394%

Flavonoids

Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 31.91kcal (1.6%), Fat: 1.1g (1.69%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.3g (2.56%), Cholesterol: 2.9mg (0.97%), Sodium: 176.46mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 7.86mg (9.53%), Manganese: 0.12mg (6.21%), Calcium: 54.61mg (5.46%), Vitamin B6: 0.11mg (5.37%), Potassium: 188.07mg (5.37%), Fiber: 1.34g (5.37%), Phosphorus: 45.64mg (4.56%), Iron: 0.75mg (4.14%), Copper: 0.08mg (4.13%), Vitamin B2: 0.06mg (3.63%), Vitamin K: 3.58µg (3.41%), Magnesium: 13.43mg (3.36%), Vitamin B3: 0.67mg (3.35%), Vitamin E: 0.47mg (3.15%), Folate: 11.97µg (2.99%), Vitamin B1: 0.04mg (2.95%), Vitamin A: 124.72IU (2.49%), Selenium: 1.66µg (2.38%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.21mg (2.06%)