



## Ratatouille Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

### Ingredients

- 8 oz tomato sauce canned
- 14 oz canned tomatoes diced undrained canned
- 1 small eggplant cut into 1/2-inch cubes
- 6 mushrooms quartered
- 2 Tbsp oil
- 1 onion chopped
- 2 cups stove top stuffing mix for chicken in the canister
- 1 zucchini thinly sliced

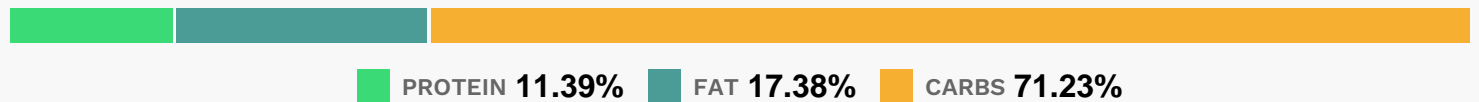
# Equipment

sauce pan

# Directions

- Heat oil in large saucepan on medium-high heat.
- Add onions and mushrooms; cook and stir 5 min. or until tender.
- Add eggplant, zucchini, tomatoes and tomato sauce; mix well. Bring to boil; cover. Simmer on medium-low heat 15 to 20 min. or until vegetables are tender.
- Stir in stuffing mix just until moistened.
- Remove from heat.
- Let stand, covered, 5 min.

# Nutrition Facts



# Properties

Glycemic Index:24.83, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:21.004347694957%

# Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

# Nutrients (% of daily need)

Calories: 402.35kcal (20.12%), Fat: 7.88g (12.12%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 72.62g (24.21%), Net Carbohydrates: 65.73g (23.9%), Sugar: 14.13g (15.7%), Cholesterol: 0.79mg (0.26%), Sodium: 1387.66mg (60.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.21%), Selenium: 40.39µg (57.7%), Folate: 172.7µg (43.17%), Manganese: 0.83mg (41.39%), Vitamin B1: 0.58mg (38.53%), Vitamin B3: 6.78mg (33.89%), Vitamin B2: 0.52mg (30.82%), Fiber: 6.88g (27.52%), Iron: 4.44mg (24.69%), Potassium: 781.06mg (22.32%), Vitamin C: 18.1mg (21.94%), Copper: 0.43mg (21.33%), Vitamin B6: 0.39mg (19.53%), Phosphorus: 187.22mg (18.72%), Magnesium: 64.69mg (16.17%), Vitamin E: 2.38mg (15.9%), Calcium: 119.21mg (11.92%), Vitamin B5: 1.11mg (11.12%), Vitamin K: 11.32µg (10.78%), Zinc: 1.27mg (8.47%), Vitamin A: 325.9IU (6.52%)