



 **100%**
HEALTH SCORE

Ratatouille Stuffing Bake

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1429 kcal

SIDE DISH

Ingredients

- 28 oz canned tomatoes diced undrained canned
- 0.5 cup basil fresh coarsely chopped
- 3 cloves garlic minced
- 2 pasilla peppers green chopped
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 1 Tbsp olive oil
- 1 small onion chopped
- 6 oz stove top stuffing mix for chicken

2 baby squash yellow sliced

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 350F.

Heat oil in large skillet on medium-high heat.

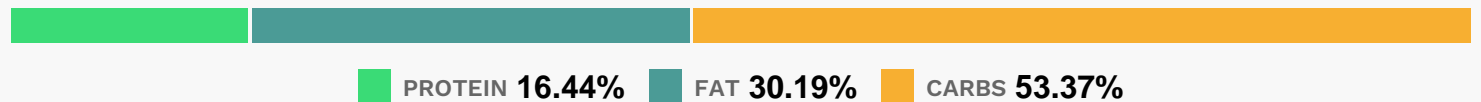
Add squash, peppers and onions; cook and stir 5 min. or until crisp-tender. Stir in garlic; cook 1 min.

Add tomatoes and basil; cook 2 min. or until heated through, stirring occasionally.

Stir in stuffing mix; spoon into 13x9-inch baking dish sprayed with cooking spray. Top with cheese; cover.

Bake 35 min. or until heated through, uncovering for the last 5 min.

Nutrition Facts



Properties

Glycemic Index:169, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:71.433478078117%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 11.4mg, Luteolin: 11.4mg, Luteolin: 11.4mg, Luteolin: 11.4mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg, Quercetin: 23.6mg

Nutrients (% of daily need)

Calories: 1429.29kcal (71.46%), Fat: 50.12g (77.1%), Saturated Fat: 8.35g (52.16%), Carbohydrates: 199.3g (66.43%), Net Carbohydrates: 175.99g (63.99%), Sugar: 50.39g (55.99%), Cholesterol: 24.1mg (8.03%), Sodium: 3757.85mg (163.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.41g (122.83%), Vitamin C: 341.96mg (414.5%), Manganese: 2.98mg (148.82%), Vitamin B6: 2.74mg (137.08%), Folate: 508.48µg (127.12%), Selenium: 84.89µg

(121.27%), Vitamin B1: 1.75mg (116.61%), Vitamin K: 112.92µg (107.55%), Vitamin B2: 1.78mg (105%), Potassium: 3528.13mg (100.8%), Iron: 17.12mg (95.11%), Vitamin B3: 18.76mg (93.82%), Fiber: 23.31g (93.24%), Calcium: 771.44mg (77.14%), Copper: 1.41mg (70.5%), Magnesium: 262.73mg (65.68%), Vitamin A: 3231.94IU (64.64%), Vitamin E: 9.53mg (63.52%), Phosphorus: 628.01mg (62.8%), Zinc: 4.46mg (29.73%), Vitamin B5: 2.62mg (26.22%)