



Ratatouille Veggie Toss



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce canned tomatoes canned
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion
- ☐ 6 servings salt and pepper
- ☐ 2 zucchini small to medium

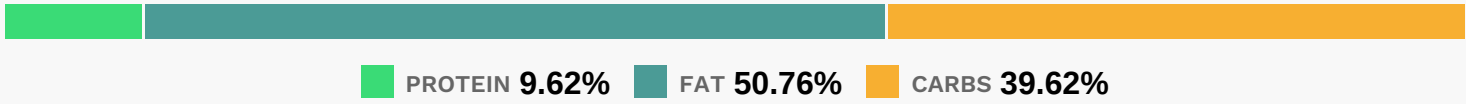
Equipment

- ☐ frying pan

Directions

- ☐ Heat a skillet over medium high heat.
- ☐ Add oil, garlic, zucchini and onions. Toss vigorously for 5 or 6 minutes.
- ☐ Add tomatoes, salt, pepper, parsley. Reduce heat and simmer 6 to 8 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:7.5321739108666%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg 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: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 82.61kcal (4.13%), Fat: 5.1g (7.84%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 293.77mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin C: 20.46mg (24.8%), Vitamin K: 20.38µg (19.41%), Manganese: 0.27mg (13.53%), Vitamin B6: 0.24mg (11.77%), Potassium: 408.73mg (11.68%), Vitamin E: 1.64mg (10.97%), Fiber: 2.33g (9.33%), Copper: 0.17mg (8.63%), Folate: 29.39µg (7.35%), Iron: 1.27mg (7.06%), Magnesium: 28.11mg (7.03%), Vitamin A: 339.57IU (6.79%), Vitamin B2: 0.1mg (6.11%), Vitamin B1: 0.09mg (6.1%), Vitamin B3: 1.19mg (5.95%), Phosphorus: 53.21mg (5.32%), Calcium: 39.85mg (3.99%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.44mg (2.93%)