



## Ratatouille With Brie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 round of président brie
- 1 small eggplant
- 4 oz olive oil (for sautéing and garnishing)
- 1 zucchini
- 1 to 3 sized squashes yellow
- 2 plum tomatoes ripe
- 1 tsp thyme leaves chopped ()

### Equipment

- frying pan
- oven
- casserole dish

## Directions

- Remove outer peel from eggplant and dice into inch pieces
- Heat 1-2 oz. of olive oil in a heavy gauge skillet
- Saut the diced eggplant for 2-3 minutes then place on a towel to drain
- After draining place cooked eggplant into a small oval casserole dish
- Preheat oven to 375 F
- Carefully slice the zucchini , yellow squash , and tomatoes about inch even slices
- Slice the Brie also into inch slices (utilizing a cheese wire makes simplifies this)
- Begin placing sliced yellow squash , zucchini , sliced Brie and tomatoes in a shingled pattern working from the outside of the casserole towards the center
- When all vegetables and cheese are placed in the casserole, drizzle with the remaining olive oil and sprinkle with chopped thyme
- Season with salt and pepper and bake in the oven for 10-15 minutes until bubbly

## Nutrition Facts

**PROTEIN 11.39%** **FAT 79.55%** **CARBS 9.06%**

## Properties

Glycemic Index:46.75, Glycemic Load:1.89, Inflammation Score:-8, Nutrition Score:16.025652173913%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Taste

Sweetness: 30.06%, Saltiness: 100%, Sourness: 24.09%, Bitterness: 41.51%, Savoriness: 39.8%, Fattiness: 90.62%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 489.9kcal (24.49%), Fat: 44.52g (68.49%), Saturated Fat: 13.85g (86.59%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 6.54g (2.38%), Sugar: 7.41g (8.24%), Cholesterol: 56.5mg (18.83%), Sodium: 364.71mg (15.86%), Protein: 14.34g (28.69%), Vitamin E: 4.85mg (32.31%), Vitamin C: 24.19mg (29.32%), Vitamin K: 28.4µg (27.05%), Vitamin B2: 0.46mg (26.98%), Manganese: 0.5mg (24.81%), Folate: 92.63µg (23.16%), Vitamin B6: 0.44mg (22.06%), Fiber: 4.86g (19.46%), Potassium: 679.33mg (19.41%), Phosphorus: 178.59mg (17.86%), Vitamin A: 824.55IU (16.49%), Vitamin B12: 0.93µg (15.54%), Calcium: 133.65mg (13.36%), Zinc: 1.88mg (12.55%), Selenium: 8.73µg (12.47%), Magnesium: 48.21mg (12.05%), Vitamin B1: 0.14mg (9.42%), Vitamin B5: 0.92mg (9.16%), Copper: 0.17mg (8.69%), Vitamin B3: 1.61mg (8.03%), Iron: 1.18mg (6.53%), Vitamin D: 0.28µg (1.88%)