



Ratatouille With Chickpeas



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil or fresh chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 6 cups couscous hot cooked
- ☐ 1 tablespoon basil dried
- ☐ 0.8 pound eggplant cubed
- ☐ 5 garlic cloves minced

- ☐ 1.8 cups bell pepper green chopped
- ☐ 1 pound mushrooms halved
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion thinly sliced (1 large)
- ☐ 1.5 teaspoons salt
- ☐ 2 cups baby squash yellow cubed

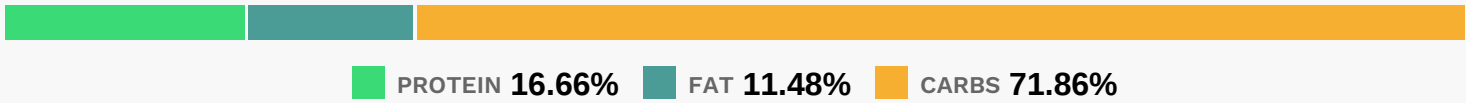
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 4 to 5 minutes or until onion is golden.
- ☐ Add eggplant, squash, bell pepper, and mushrooms; saut 5 minutes.
- ☐ Add tomatoes and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender.
- ☐ Stir in basil and cook, uncovered, 10 minutes or until some of the liquid has evaporated.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:67.72, Glycemic Load:30.18, Inflammation Score:-8, Nutrition Score:30.701304176579%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 370.7kcal (18.54%), Fat: 4.98g (7.65%), Saturated Fat: 0.7g (4.41%), Carbohydrates: 70.07g (23.36%), Net Carbohydrates: 57.49g (20.9%), Sugar: 13.08g (14.54%), Cholesterol: 0mg (0%), Sodium: 977.07mg (42.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.49%), Selenium: 53.3µg (76.14%), Vitamin C: 60.35mg (73.15%), Manganese: 1.45mg (72.6%), Vitamin B6: 1.02mg (51.03%), Fiber: 12.59g (50.34%), Copper: 0.8mg (39.82%), Potassium: 1220.4mg (34.87%), Vitamin B3: 6.85mg (34.26%), Vitamin B2: 0.54mg (31.49%), Vitamin K: 30.96µg (29.48%), Folate: 110.1µg (27.53%), Iron: 4.8mg (26.65%), Vitamin B5: 2.64mg (26.36%), Phosphorus: 255.17mg (25.52%), Vitamin B1: 0.37mg (24.81%), Magnesium: 94.59mg (23.65%), Vitamin E: 2.67mg (17.79%), Zinc: 2.08mg (13.84%), Calcium: 132.09mg (13.21%), Vitamin A: 604.24IU (12.08%), Vitamin D: 0.15µg (1.01%)