



Ratatouille with Feta, Green Olives, and Almonds



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 28 ounce canned tomatoes whole crushed peeled drained canned
- ☐ 1 tablespoon capers drained
- ☐ 1 pound feta cheese crumbled
- ☐ 1 bunch basil fresh
- ☐ 3 cloves garlic chopped
- ☐ 1 cup olives green pitted

- ☐ 5 medium baby eggplant chopped
- ☐ 6 tablespoons olive oil extra-virgin as needed plus more
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon chili flakes red
- ☐ 8 servings sea salt and pepper black freshly ground
- ☐ 3 tomatoes seeded chopped
- ☐ 1 cup almonds whole
- ☐ 3 medium zucchini chopped

Equipment

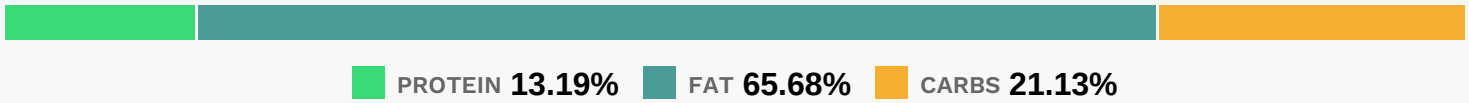
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the almonds into a large skillet over medium heat. Gently toast the nuts, being careful not to let them burn, for about 3 minutes.
- ☐ Add 3 tablespoons olive oil, 1/2 teaspoon red chili flakes, 1 chopped garlic clove, and salt and pepper to taste. Cook for another 3 minutes and transfer to a plate to cool. Crush the almonds roughly and put them into a bowl along with the feta cheese, olives, and 1/3 of the basil leaves.
- ☐ Mix well to combine all the ingredients.
- ☐ Put 3 tablespoons olive oil and the remaining 1/2 teaspoon chili flakes into the skillet over medium heat.
- ☐ Add the onions, remaining garlic, and 1/3 of the basil leaves and cook until the onions start to soften, about 5 minutes. Put in the eggplant and cook until it is soft, about 10 minutes, adding more olive oil if necessary.
- ☐ Add the zucchini, fresh tomatoes, and capers; season with salt and pepper. Continue cooking until these vegetables are soft but still whole.
- ☐ Add the canned tomatoes, vinegar, and remaining basil leaves. Continue to cook for another 15 minutes; remove from the heat and set aside to cool.

To serve, put the ratatouille into a bowl or platter and top with the feta, olive, and almond mixture.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:27.248695653418%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 121.04mg, Delphinidin: 121.04mg, Delphinidin: 121.04mg, Delphinidin: 121.04mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 454.37kcal (22.72%), Fat: 34.98g (53.81%), Saturated Fat: 10.17g (63.56%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 15.6g (5.67%), Sugar: 12.19g (13.54%), Cholesterol: 50.46mg (16.82%), Sodium: 1095.96mg (47.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin E: 8.39mg (55.9%), Manganese: 1.08mg (53.98%), Vitamin B2: 0.88mg (51.64%), Calcium: 405.51mg (40.55%), Vitamin C: 33.4mg (40.49%), Fiber: 9.73g (38.91%), Phosphorus: 377.14mg (37.71%), Vitamin B6: 0.69mg (34.67%), Potassium: 1020.9mg (29.17%), Magnesium: 113.29mg (28.32%), Vitamin K: 27.1µg (25.81%), Copper: 0.49mg (24.61%), Folate: 93.73µg (23.43%), Vitamin A: 1114.75IU (22.29%), Zinc: 2.94mg (19.58%), Vitamin B1: 0.29mg (19.15%), Vitamin B3: 3.55mg (17.74%), Iron: 3.02mg (16.78%), Vitamin B12: 0.96µg (15.97%), Selenium: 10.36µg (14.8%), Vitamin B5: 1.37mg (13.71%), Vitamin D: 0.23µg (1.51%)