



HEALTH SCORE

100%

Ratatouille with Red Snapper



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced canned
- 1 pound eggplant trimmed cut into small dice (3 cups)
- 0.3 cup basil leaves fresh plus more for garnish chopped
- 2 teaspoons garlic minced
- 1 teaspoon herbs de provence dried (or)
- 2 teaspoons juice of lemon
- 2 teaspoons rosemary infused olive oil (or other herb)

- 3 tablespoons olive oil divided
- 1 medium onion cut into small dice (1 1/2 cups)
- 0.8 teaspoon salt plus more for seasoning
- 20 ounce fillets snapper red
- 2 medium zucchini trimmed cut into small dice (2 1/2 cups) (1 pound total)

Equipment

- frying pan
- broiler

Directions

- In a large nonstick skillet, heat 1 tablespoon olive oil over medium-high heat.
- Add the eggplant and cook, stirring, until eggplant has softened but not completely lost its shape, about 5 minutes.
- Remove the eggplant from skillet.
- Heat another tablespoon of oil in the same skillet over medium-high heat.
- Add the onions and cook until soft and translucent, about 5 minutes.
- Add the garlic and zucchini to the pan and cook, stirring occasionally, until the zucchini is soft, about 6 to 7 minutes. Return eggplant to pan and add tomatoes, herbs de Provence, 1/2 teaspoon salt and 1/4 teaspoon pepper. Simmer approximately 10 minutes. Season with additional salt, to taste. Stir in basil and remove from heat.
- To cook fish, preheat broiler.
- Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Combine the remaining tablespoon olive oil with the lemon juice and brush on fillets. Broil until fish is cooked and firm, about 7 minutes.
- Mound 1 cup ratatouille on 4 plates; top each mound with 1 fish fillet and drizzle with 1/2 teaspoon herb infused oil, if using.
- Garnish with additional basil.

Nutrition Facts



■ PROTEIN 37.53% ■ FAT 38.68% ■ CARBS 23.79%

Properties

Glycemic Index:54.25, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:33.136956505153%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 347.17kcal (17.36%), Fat: 15.38g (23.66%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 13.72g (4.99%), Sugar: 12.26g (13.63%), Cholesterol: 52.45mg (17.48%), Sodium: 239.72mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.58g (67.15%), Vitamin D: 14.46µg (96.39%), Selenium: 55.55µg (79.35%), Vitamin B12: 4.25µg (70.87%), Manganese: 1.09mg (54.72%), Vitamin B6: 1.03mg (51.32%), Vitamin C: 35.18mg (42.64%), Potassium: 1477.03mg (42.2%), Phosphorus: 389.8mg (38.98%), Vitamin K: 38.78µg (36.93%), Vitamin E: 5.16mg (34.39%), Fiber: 7.55g (30.21%), Magnesium: 108.06mg (27.01%), Copper: 0.4mg (20.08%), Folate: 78.7µg (19.68%), Vitamin B5: 1.92mg (19.22%), Iron: 3.12mg (17.36%), Vitamin B1: 0.25mg (16.56%), Vitamin B3: 2.95mg (14.75%), Vitamin A: 700.5IU (14.01%), Calcium: 139.19mg (13.92%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.4mg (9.32%)