



 **34%**  
HEALTH SCORE

## Ratatouille with Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup carrots finely chopped
- 2 cups eggplant diced
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 4 cloves garlic minced
- 1 teaspoon ground cumin

- 0.5 cup onion finely chopped
- 4 teaspoons basil pesto
- 1 cup plum tomatoes chopped
- 0.5 teaspoon salt
- 11 ounces tofu firm drained finely chopped reduced-fat
- 28 ounce tomato sauce canned
- 1 cup zucchini diced

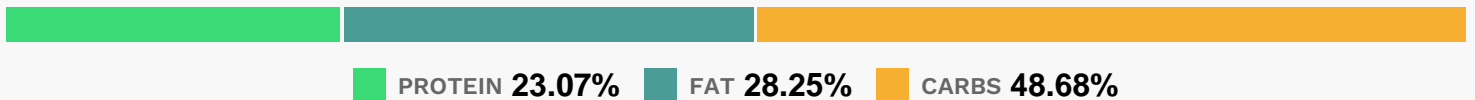
## Equipment

- frying pan
- dutch oven

## Directions

- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add carrot to pan; saut 6 minutes.
- Add onion, basil, thyme, and garlic; saut 4 minutes.
- Add tofu, eggplant, and zucchini; saut 4 minutes or until tender.
- Add chopped tomato, Pesto Coulis, and tomato sauce; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally.
- Remove from heat; stir in cumin, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:117.21, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:20.232173950776%

## Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

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

Calories: 187.95kcal (9.4%), Fat: 6.43g (9.89%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 17.43g (6.34%), Sugar: 13.65g (15.17%), Cholesterol: 0.4mg (0.13%), Sodium: 1311.9mg (57.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.62%), Vitamin A: 7083.24IU (141.66%), Vitamin C: 34.93mg (42.34%), Manganese: 0.63mg (31.42%), Potassium: 1072.77mg (30.65%), Fiber: 7.49g (29.94%), Vitamin K: 29.93µg (28.51%), Vitamin E: 3.6mg (23.97%), Iron: 4.04mg (22.43%), Vitamin B6: 0.44mg (22.13%), Copper: 0.37mg (18.32%), Calcium: 182.91mg (18.29%), Vitamin B3: 3.15mg (15.76%), Magnesium: 59.65mg (14.91%), Folate: 55.71µg (13.93%), Vitamin B2: 0.22mg (12.97%), Phosphorus: 116.32mg (11.63%), Vitamin B5: 0.99mg (9.85%), Vitamin B1: 0.14mg (9.37%), Zinc: 0.92mg (6.1%), Selenium: 1.97µg (2.82%)