



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
- ☐ 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

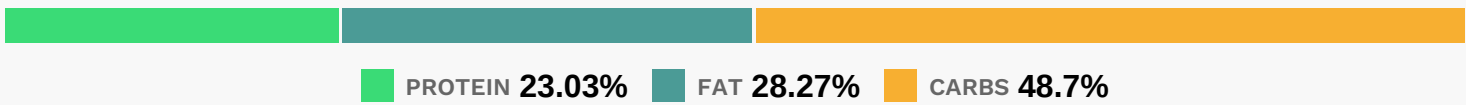
Equipment

- ☐ 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:99.71, Glycemic Load:6.42, Inflammation Score:-10, Nutrition Score:19.831304301386%

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

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: 187.61kcal (9.38%), Fat: 6.42g (9.87%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 17.42g (6.33%), Sugar: 13.65g (15.16%), Cholesterol: 0.4mg (0.13%), Sodium: 1311.84mg (57.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.53%), Vitamin A: 7004.11IU (140.08%), Vitamin C: 34.66mg (42.01%), Manganese: 0.61mg (30.56%), Potassium: 1068.34mg (30.52%), Fiber: 7.46g (29.85%), Vitamin E: 3.58mg (23.89%), Vitamin K: 23.71µg (22.58%), Iron: 3.99mg (22.17%), Vitamin B6: 0.44mg (22.01%), Calcium: 180.26mg (18.03%), Copper: 0.36mg (18.03%), Vitamin B3: 3.14mg (15.69%), Magnesium: 58.69mg (14.67%), Folate: 54.69µg (13.67%), Vitamin B2: 0.22mg (12.91%), Phosphorus: 115.48mg (11.55%), Vitamin B5: 0.98mg (9.82%), Vitamin B1: 0.14mg (9.33%), Zinc: 0.9mg (6.02%), Selenium: 1.97µg (2.81%)