



Roast Ratatouille

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



10

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 baby eggplant quartered
- 6 baby zucchini quartered
- 10 servings coarse salt and pepper
- 10 servings olive oil extra-virgin
- 5 plum tomatoes seeded quartered
- 2 large bell peppers red seeded cut lengthwise into 1-inch wide strips
- 2 shallots peeled sliced lengthwise

Equipment

baking sheet

oven

Directions

Preheat oven to 500 degrees F.

Working on a cookie sheet, combine vegetables.

Drizzle liberally with extra-virgin olive oil and season with salt and pepper. Toss to coat vegetables evenly. Roast until just tender, 15 minutes.

Transfer to a serving platter.

Nutrition Facts

 **PROTEIN 9.51%**  **FAT 63.32%**  **CARBS 27.17%**

Properties

Glycemic Index:13, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:17.025652268659%

Flavonoids

Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 194.41kcal (9.72%), Fat: 14.84g (22.83%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 8.42g (3.06%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 203.32mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Vitamin C: 89.22mg (108.14%), Vitamin A: 1887.63IU (37.75%), Manganese: 0.58mg (28.99%), Potassium: 958.11mg (27.37%), Fiber: 5.9g (23.62%), Vitamin E: 3.04mg (20.28%), Vitamin B6: 0.4mg (19.97%), Folate: 69.82µg (17.45%), Magnesium: 63.03mg (15.76%), Vitamin K: 16.48µg (15.69%), Phosphorus: 155.46mg (15.55%), Copper: 0.23mg (11.7%), Vitamin B3: 2.08mg (10.39%), Vitamin B5: 0.9mg (8.95%), Zinc: 1.31mg (8.75%), Iron: 1.55mg (8.63%), Vitamin B1: 0.13mg (8.38%), Vitamin B2: 0.12mg (7%), Calcium: 42.37mg (4.24%), Selenium: 0.79µg (1.12%)