

Convection

Beatrice A.
Ojakangas



Roasted Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound eggplant trimmed cut into 1-inch cubes
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 4 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 large onions cut into 1-inch cubes

- ☐ 1 bell pepper red seeded cut into 1-inch squares
- ☐ 3 large tomatoes cut into 1-inch cubes
- ☐ 4 medium zucchini halved lengthwise

Equipment

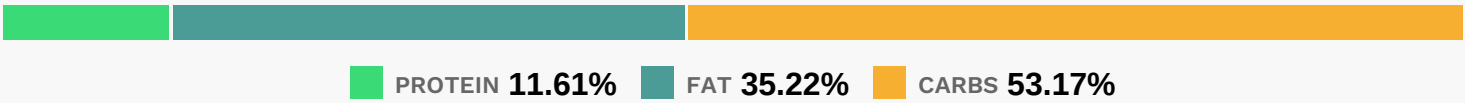
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Position the oven racks so that they are evenly spaced. Preheat the oven to convection roast at 475°F. Line a large rimmed cookie sheet with foil and coat with nonstick spray.
- ☐ In a large mixing bowl, toss the eggplant, garlic, onions, zucchini, and bell pepper with the olive oil until the vegetables are coated with the oil.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread the vegetables in an even layer on the prepared pan.
- ☐ Place the pan of vegetables on the rack beneath the meat (if you are cooking a meat dish at the same time) or in the center of the oven and roast for 15 to 20 minutes, until tender and aromatic.
- ☐ Put the vegetables in a serving dish and add the tomatoes, basil, and parsley.
- ☐ Serve hot or at room temperature.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Cooking with Convection by Beatrice Ojakangas. Copyright (c) 2005 by Beatrice Ojakangas. Published by Broadway Books. Beatrice Ojakangas has written more than a dozen cookbooks, including Beatrice Ojakangas' Great Holiday Baking Book, Beatrice Ojakangas' Light and Easy Baking, Pot Pies, Quick Breads, Light Desserts, The Finnish Cookbook, and The Great Scandinavian Baking Book. Beatrice works as a consultant for Pillsbury and other major food

companies, teaches cooking classes, and writes for various food magazines. She lives in Duluth, Minnesota.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:13.830869628036%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 96.32kcal (4.82%), Fat: 4.17g (6.41%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 9.56g (3.48%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 233.93mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 53.05mg (64.3%), Vitamin K: 48.67µg (46.35%), Vitamin A: 1442.38IU (28.85%), Manganese: 0.5mg (25.05%), Potassium: 653.87mg (18.68%), Vitamin B6: 0.37mg (18.6%), Fiber: 4.59g (18.35%), Folate: 63.63µg (15.91%), Magnesium: 40.63mg (10.16%), Vitamin E: 1.43mg (9.5%), Vitamin B2: 0.15mg (9.01%), Phosphorus: 85.97mg (8.6%), Copper: 0.17mg (8.36%), Vitamin B1: 0.12mg (8.12%), Vitamin B3: 1.45mg (7.24%), Iron: 1.02mg (5.66%), Vitamin B5: 0.53mg (5.33%), Calcium: 44.63mg (4.46%), Zinc: 0.67mg (4.45%), Selenium: 0.79µg (1.13%)