



Roasted Ratatouille with Balsamic Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon thyme leaves dried
- 0.8 pound eggplant peeled ()
- 1.5 teaspoons cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup kalamata olives coarsely chopped
- 0.5 teaspoon old bay seasoning
- 2 small onions cut into (1/4-inch) slices

- 0.5 teaspoon oregano dried
- 0.5 cup bottled roasted bell peppers red drained cut into (1/4-inch) strips
- 2 medium zucchini halved cut lengthwise into (1/4-inch) slices

Equipment

- oven
- roasting pan
- ziploc bags

Directions

- Preheat oven to 42
- Combine first 4 ingredients in a large heavy-duty zip-top plastic bag.
- Add zucchini, onions, and eggplant; seal and shake to coat. Arrange vegetables in a shallow roasting pan coated with cooking spray. Lightly coat vegetables with cooking spray.
- Bake at 425 for 20 minutes; drizzle with vinegar.
- Bake an additional 20 minutes or until vegetables are tender.
- Combine vegetables, peppers, parsley, and olives, tossing well.

Nutrition Facts



PROTEIN 13.22% **FAT 20.04%** **CARBS 66.74%**

Properties

Glycemic Index:47.75, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:12.897826148116%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 77.48kcal (3.87%), Fat: 1.91g (2.94%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 9.42g (3.43%), Sugar: 8.23g (9.14%), Cholesterol: 0mg (0%), Sodium: 386.3mg (16.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 74.78µg (71.22%), Vitamin C: 35.24mg (42.71%), Manganese: 0.5mg (25%), Fiber: 4.92g (19.68%), Potassium: 566.54mg (16.19%), Vitamin B6: 0.32mg (15.85%), Folate: 58.94µg (14.73%), Vitamin A: 674.43IU (13.49%), Magnesium: 40.25mg (10.06%), Copper: 0.18mg (8.99%), Vitamin B2: 0.14mg (8.52%), Iron: 1.44mg (7.99%), Phosphorus: 76.4mg (7.64%), Vitamin B1: 0.1mg (6.97%), Vitamin B3: 1.23mg (6.13%), Calcium: 59.15mg (5.92%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.51mg (5.08%), Zinc: 0.61mg (4.09%), Selenium: 0.79µg (1.13%)