



Roasted Vegetable Ratatouille

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium eggplant chopped
- 2 tablespoons parsley fresh chopped
- 24 ounce veggie smart chunky & savory sauce italian prego®
- 6 ounces mushrooms cut in quarters
- 2 tablespoons olive oil
- 0.5 teaspoon oregano leaves dried crushed
- 1 tablespoon parmesan cheese grated
- 2 small zucchini diced

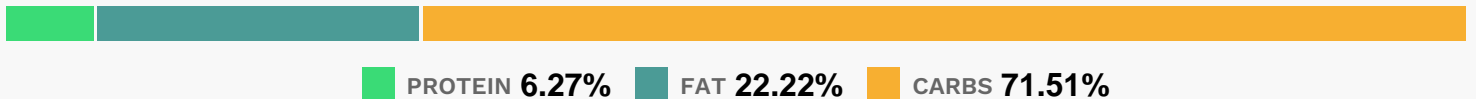
Equipment

- baking sheet
- oven

Directions

- Heat the oven to 400 degrees F.
- Place the eggplant, zucchini and mushrooms onto a rimmed baking sheet.
- Add the olive oil and toss to coat.
- Roast for 25 minutes or until the vegetables are lightly browned, stirring occasionally.
- Remove the baking sheet from the oven.
- Pour the sauce over the vegetables and stir to coat.
- Sprinkle with the oregano.
- Roast for 5 minutes more.
- Sprinkle with the parsley.
- Serve with the cheese.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:11.282608682695%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 324.05kcal (16.2%), Fat: 8.09g (12.44%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 53.92g (19.61%), Sugar: 45.68g (50.75%), Cholesterol: 1.09mg (0.36%), Sodium: 2073.5mg (90.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin K: 45.13µg (42.98%), Manganese: 0.41mg (20.34%), Vitamin C: 16.64mg (20.17%), Fiber: 4.62g (18.49%), Vitamin B2: 0.28mg (16.26%), Potassium: 568.02mg (16.23%), Copper: 0.26mg (13.22%), Vitamin B3: 2.58mg (12.92%), Folate: 50.29µg (12.57%), Vitamin B6: 0.24mg (12.1%), Vitamin B5: 1.09mg (10.93%), Vitamin E: 1.49mg (9.96%), Phosphorus: 95.93mg (9.59%), Magnesium: 32.59mg (8.15%), Vitamin B1: 0.11mg (7.21%), Selenium: 4.87µg (6.95%), Vitamin A: 327.88IU (6.56%), Iron: 0.96mg (5.31%), Zinc: 0.68mg (4.5%), Calcium: 38.89mg (3.89%)