

 90%  
HEALTH SCORE

## Roasted Veggie Ratatouille (France)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 beefsteak tomatoes cut into 1/2-inch slices
- 1 eggplant cut lengthwise into 1/2-inch slices
- 0.5 tablespoon thyme leaves fresh chopped
- 4 servings kosher salt
- 2 tablespoons marjoram leaves fresh chopped
- 4 servings olive oil extra-virgin
- 1 bell pepper red cut into 1/2-inch dice
- 1 large onion red cut into 1/2-inch dice

- 1 pinch pepper flakes red crushed
- 0.3 cup red wine vinegar
- 1 summer squash cut lengthwise into 1/2-inch slices
- 1 bell pepper yellow cut into 1/2-inch dice
- 1 large zucchini cut lengthwise into 1/2-inch slices

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- cutting board

## Directions

- Preheat the oven to 375 degrees F.
- Put the eggplant, zucchini, squash, and tomatoes in 1 layer on a baking sheet or baking sheets, drizzle with olive oil and sprinkle generously with salt. Roast until the vegetables are soft and pliable, about 20 to 30 minutes, turning them halfway through the cooking.
- Remove from the oven and allow to cool. When cool enough to handle transfer them to a cutting board and cut them into 1/2-inch pieces.
- Heat a large skillet over medium-high heat and coat the bottom with olive oil. When the oil is hot, add the onion, crushed red pepper and season with salt, to taste.
- Saute until the onions are soft, about 5 minutes.
- Add the peppers and season again with salt, if needed. Cook until the peppers are soft, about 5 to 10 minutes.
- Add the roasted vegetables to the pan along with the vinegar, marjoram, and thyme. Toss well to coat and add 2 to 3 more tablespoons olive oil, if needed. Taste to check the seasoning and transfer to a serving platter or bowl. Voila!

## Nutrition Facts



■ PROTEIN 8.75% ■ FAT 50.78% ■ CARBS 40.47%

## Properties

Glycemic Index:62.75, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:25.443913076235%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

## Nutrients (% of daily need)

Calories: 250.77kcal (12.54%), Fat: 15.27g (23.49%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 18.01g (6.55%), Sugar: 16.27g (18.08%), Cholesterol: 0mg (0%), Sodium: 221.68mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin C: 157.75mg (191.21%), Vitamin A: 3534.73IU (70.69%), Vitamin K: 55.52µg (52.87%), Manganese: 0.91mg (45.65%), Potassium: 1389.05mg (39.69%), Fiber: 9.37g (37.46%), Vitamin B6: 0.71mg (35.63%), Folate: 125.6µg (31.4%), Vitamin E: 4.38mg (29.23%), Magnesium: 79.37mg (19.84%), Copper: 0.37mg (18.34%), Vitamin B3: 3.48mg (17.4%), Vitamin B2: 0.28mg (16.58%), Phosphorus: 163.61mg (16.36%), Vitamin B1: 0.24mg (15.82%), Iron: 2.11mg (11.73%), Vitamin B5: 0.98mg (9.75%), Zinc: 1.22mg (8.14%), Calcium: 73.92mg (7.39%), Selenium: 0.87µg (1.24%)