



Rustic Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 teaspoons sherry vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounces garbanzo beans rinsed drained canned
- ☐ 1 pound eggplant cut into 1-inch pieces
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 tablespoon garlic chopped

- ☐ 1 tablespoon olive oil
- ☐ 3 medium onion sliced
- ☐ 1 pound plum tomatoes seeded cut into 1-inch pieces
- ☐ 3 medium bell pepper red cut into 1-inch pieces
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon tomato paste
- ☐ 1 pound zucchini cut into 1-inch pieces

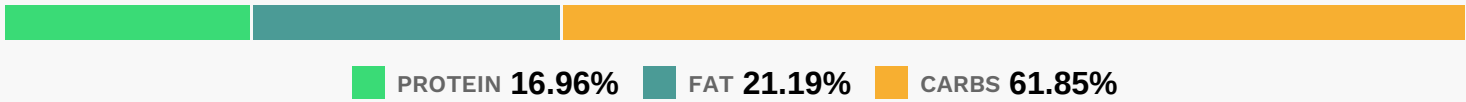
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. In a bowl, toss zucchini, eggplant, bell pepper and onion with thyme, rosemary, 3/4 teaspoon salt, black pepper, 2 tablespoons water and oil. Coat a rimmed sheet pan with cooking spray.
- ☐ Spread veggies in pan in a single layer; roast, stirring once, 25 minutes. In same bowl, combine chickpeas, tomatoes, garlic, tomato paste and remaining 1/4 teaspoon salt.
- ☐ Add to pan with veggies in a single layer; roast 10 to 12 minutes more. Toss veggies with vinegar; divide among 6 bowls; sprinkle with basil.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:67.39, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:25.882173745529%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 226.71kcal (11.34%), Fat: 5.75g (8.84%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 25.4g (9.24%), Sugar: 11.72g (13.02%), Cholesterol: 0mg (0%), Sodium: 793.06mg (34.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin C: 109.05mg (132.18%), Manganese: 1.7mg (85.17%), Vitamin B6: 1.14mg (57.08%), Vitamin A: 2841.84IU (56.84%), Fiber: 12.34g (49.37%), Folate: 118.97µg (29.74%), Potassium: 993.76mg (28.39%), Magnesium: 85.51mg (21.38%), Phosphorus: 208.97mg (20.9%), Copper: 0.41mg (20.38%), Vitamin K: 21.16µg (20.15%), Iron: 3.06mg (16.99%), Vitamin E: 2.14mg (14.26%), Vitamin B1: 0.2mg (13.11%), Vitamin B2: 0.21mg (12.43%), Zinc: 1.71mg (11.43%), Vitamin B3: 2.23mg (11.13%), Vitamin B5: 1.11mg (11.09%), Calcium: 101.63mg (10.16%), Selenium: 3.7µg (5.29%)