



Samfaina



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 cups eggplant cubed peeled (1-inch) (1 pound)
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 7 cloves garlic minced
- ☐ 3 cups onion coarsely chopped
- ☐ 1 cup bell pepper red chopped

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika smoked sweet
- ☐ 1.5 pounds tomatoes peeled seeded chopped
- ☐ 2 cups zucchini cubed () (1/2 pound)

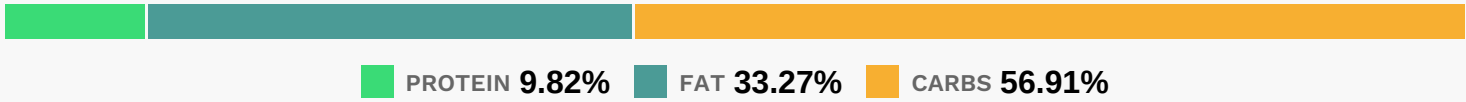
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion to pan; cook 10 minutes or until tender, stirring occasionally. Stir in eggplant, zucchini, bell pepper, and garlic; cook 5 minutes, stirring frequently. Stir in tomato, parsley, and thyme. Cover, reduce heat, and simmer 5 minutes. Uncover and simmer 10 minutes or until vegetables are tender and liquid evaporates. Stir in salt, paprika, and black pepper; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:9.0947826478792%

Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg

Nutrients (% of daily need)

Calories: 78.29kcal (3.91%), Fat: 3.18g (4.9%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 8.77g (3.19%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 336.2mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 36.33mg (44.04%), Vitamin K: 20.56µg (19.58%), Manganese: 0.33mg (16.32%), Vitamin A: 782.25IU (15.65%), Vitamin B6: 0.28mg (14.17%), Fiber: 3.48g (13.92%), Potassium: 408.09mg (11.66%), Folate: 37.87µg (9.47%), Vitamin E: 1.33mg (8.87%), Iron: 1.2mg (6.67%), Magnesium:

26.05mg (6.51%), Vitamin B2: 0.11mg (6.36%), Copper: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 1.11mg (5.57%), Phosphorus: 54.66mg (5.47%), Calcium: 47.62mg (4.76%), Vitamin B5: 0.38mg (3.75%), Zinc: 0.41mg (2.71%), Selenium: 0.81µg (1.16%)