



Southern Italian Ratatouille

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby spinach loosely packed sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons basil leaves fresh coarsely chopped
- ☐ 3 tablespoons thyme leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup leek white thinly sliced
- ☐ 1.5 cups domestic mushrooms wild fresh thinly sliced
- ☐ 5 tablespoons olive oil extra-virgin

- ☐ 1 onion diced
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.3 cup bell pepper diced red cut into 1/4-inch dice
- ☐ 4 servings gray salt
- ☐ 0.8 cup vine-ripened tomatoes peeled seeded chopped
- ☐ 0.5 pound baby squash yellow cut into 1/4-inch dice, 1 1/2 cups
- ☐ 0.5 pound zucchini cut into 1/4-inch dice, 1 1/2 cups

Equipment

- ☐ frying pan
- ☐ baking sheet

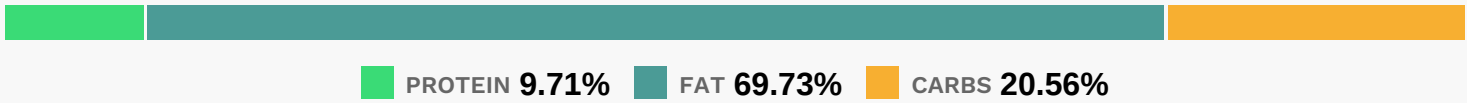
Directions

- ☐ Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat until hot.
- ☐ Add the mushrooms and cook, without moving them, until brown on 1 side, about 1 minute. Continue to saute for another 1 to 2 minutes. Season mushrooms with salt and pepper and pour onto cookie sheet to cool. Set used pan aside.
- ☐ In a separate, clean skillet, heat 1 tablespoon oil over medium heat.
- ☐ Add minced garlic. Cook until golden brown, about 1 to 2 minutes.
- ☐ Add onion and cook until softened, about 5 minutes. In the pan where the mushrooms were, add 2 tablespoons olive oil over medium heat.
- ☐ Add yellow squash. Cook until browned, about 1 to 2 minutes and drain onto same cookie sheet with mushrooms.
- ☐ Place peppers in hot pan where squash was cooking, sprinkle with 2 tablespoons of thyme. When heated thoroughly, add peppers to waiting mushrooms and yellow squash.
- ☐ Add zucchini to the same pan, add remaining thyme, cook until browned, about 2 minutes. Pull both pans (onions and zucchini) off the heat, and add to cookie sheet with other vegetables.
- ☐ In the former zucchini/mushroom pan, cook leeks to soften, about 2 minutes. In the other, bring the tomatoes to a simmer. Season the leeks with salt and pepper, to taste, and add spinach. When spinach is wilted, add cooked leeks to cooling vegetables on cookie sheet.

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Add basil to the tomatoes, then add tomatoes to cookie sheet. Stir gently, and top with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:18.361304456773%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 241.56kcal (12.08%), Fat: 19.8g (30.46%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 9.41g (3.42%), Sugar: 6.21g (6.9%), Cholesterol: 4.25mg (1.42%), Sodium: 313.63mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin C: 50.98mg (61.79%), Vitamin K: 63.36µg (60.34%), Vitamin A: 1992.09IU (39.84%), Manganese: 0.56mg (28.24%), Vitamin E: 3.24mg (21.61%), Vitamin B2: 0.37mg (21.49%), Vitamin B6: 0.43mg (21.35%), Folate: 75.1µg (18.77%), Potassium: 649.14mg (18.55%), Phosphorus: 151.44mg (15.14%), Fiber: 3.73g (14.93%), Calcium: 143.81mg (14.38%), Copper: 0.27mg (13.39%), Iron: 2.34mg (13%), Magnesium: 51.53mg (12.88%), Vitamin B3: 2.36mg (11.78%), Vitamin B5: 0.92mg (9.16%), Vitamin B1: 0.13mg (8.79%), Selenium: 5.61µg (8.01%), Zinc: 1mg (6.69%), Vitamin B12: 0.09µg (1.49%)