



Summer Vegetable Casserole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup firmly brown sugar packed
- 2 tablespoons butter
- 1 small eggplant peeled sliced
- 1 large bell pepper green seeded sliced
- 1 large onion sliced
- 0.5 teaspoon pepper
- 0.5 cup regular rice uncooked
- 2 teaspoons salt

- 2 large tomatoes peeled sliced
- 3 medium size baby squash yellow sliced
- 3 medium zucchini sliced

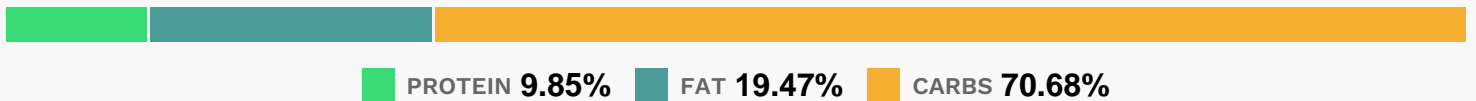
Equipment

- oven
- baking pan

Directions

- Combine brown sugar, salt, and pepper. Set aside.
- Place rice in bottom of a lightly greased 13- x 9- x 2-inch baking dish.
- Layer eggplant, onion, squash, zucchini, green pepper, and tomato in baking dish; sprinkle brown sugar mixture over each layer. Dot with butter. Cover tightly, and bake at 350 for 1 1/2 hours or until rice and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:20.43, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:8.5704347792527%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 101.44kcal (5.07%), Fat: 2.34g (3.6%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 16.02g (5.83%), Sugar: 9.76g (10.85%), Cholesterol: 0mg (0%), Sodium: 419.36mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin C: 34.01mg (41.23%), Manganese: 0.43mg (21.34%), Vitamin B6: 0.3mg (15.18%), Potassium: 474.86mg (13.57%), Fiber: 3.1g (12.42%), Vitamin A: 592.19IU (11.84%), Folate: 43.36µg (10.84%), Vitamin B2: 0.15mg (8.68%), Vitamin K: 8.51µg (8.11%), Magnesium: 31.01mg

(7.75%), Phosphorus: 69.75mg (6.98%), Copper: 0.13mg (6.71%), Vitamin B1: 0.09mg (6.06%), Vitamin B3: 1.1mg (5.49%), Vitamin B5: 0.43mg (4.26%), Iron: 0.7mg (3.89%), Zinc: 0.54mg (3.59%), Vitamin E: 0.53mg (3.54%), Calcium: 33.17mg (3.32%), Selenium: 1.6µg (2.28%)