



Summer vegetable ragout



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 tomatoes ripe
- ☐ 8 tbsp olive oil
- ☐ 4 garlic clove crushed
- ☐ 4 carrots cut into batons
- ☐ 6 thyme sprigs
- ☐ 4 bay leaves
- ☐ 300 ml wine
- ☐ 3 bunches spring onion sliced

- ☐ 560 g artichoke hearts drained
- ☐ 1 kg peas frozen

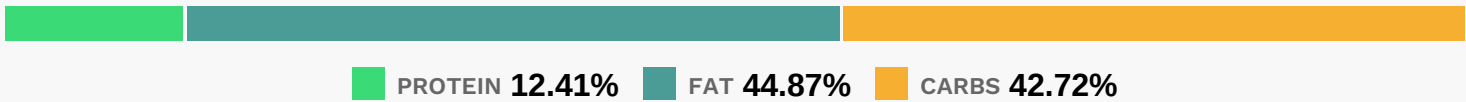
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ramekin

Directions

- ☐ Pour boiling water over the tomatoes, leave for 2 mins, then drain and peel off the skins. Quarter the tomatoes, scoop out the seeds, then chop into small cubes.
- ☐ Heat the oil in a pan, add the garlic and carrots, then gently fry for 5 mins.
- ☐ Add the tomatoes, thyme, bay and wine. Cook, uncovered, until the wine is reduced, about 5 mins. You can prepare up to this stage several hours ahead.
- ☐ Add the peas, onions and artichokes, cover, then simmer for 8–10 mins. Season and serve in 2 large bowls or divide between individual ramekins.

Nutrition Facts



Properties

Glycemic Index:20.93, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:18.96043511059%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 212.38kcal (10.62%), Fat: 9.95g (15.3%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 13.79g (5.01%), Sugar: 9.14g (10.15%), Cholesterol: 0mg (0%), Sodium: 198.27mg (8.62%), Alcohol: 2.61g (100%), Alcohol %: 1.12% (100%), Protein: 6.19g (12.38%), Vitamin A: 4973.94IU (99.48%), Vitamin C: 50.83mg (61.61%), Vitamin K: 49.61µg (47.24%), Fiber: 7.52g (30.1%), Manganese: 0.55mg (27.75%), Folate: 77.81µg (19.45%), Vitamin B1: 0.28mg (18.65%), Potassium: 553.22mg (15.81%), Vitamin E: 2.17mg (14.49%), Vitamin B6: 0.28mg (14.1%), Vitamin B3: 2.63mg (13.13%), Phosphorus: 130.6mg (13.06%), Magnesium: 46.04mg (11.51%), Copper: 0.23mg (11.41%), Iron: 1.89mg (10.5%), Vitamin B2: 0.15mg (9.03%), Zinc: 1.33mg (8.88%), Calcium: 48.6mg (4.86%), Vitamin B5: 0.26mg (2.57%), Selenium: 1.72µg (2.46%)