



HEALTH SCORE

57%

Summer Vegetable Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 medium eggplant cubed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 3 cloves garlic minced
- ☐ 2 bell peppers green cubed seeded
- ☐ 0.5 cup olive oil
- ☐ 2 onion sliced into thin rings

- ☐ 1 bell pepper red chopped
- ☐ 4 roma tomatoes chopped plum
- ☐ 8 servings salt and pepper to taste
- ☐ 1 bell pepper diced yellow
- ☐ 2 medium baby squash yellow cubed
- ☐ 2 zucchini cubed

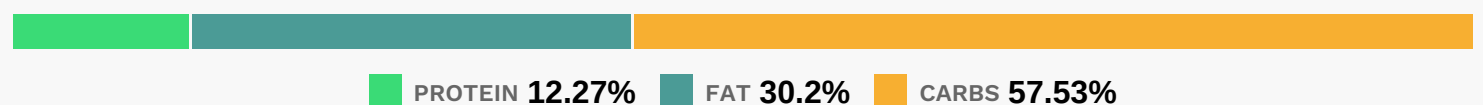
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat.
- ☐ Add the onions and garlic and cook until soft.
- ☐ In a large skillet, heat 1 1/2 tablespoon of olive oil and saute the zucchini in batches until slightly browned on all sides.
- ☐ Remove the zucchini and place in the pot with the onions and garlic.
- ☐ Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sauteed add them to the large pot as was done in step
- ☐ Season with salt and pepper.
- ☐ Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.
- ☐ Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.
- ☐ Remove the bay leaf and adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:2.3, Inflammation Score:-9, Nutrition Score:14.412173830945%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 87.34kcal (4.37%), Fat: 3.29g (5.06%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 9.42g (3.43%), Sugar: 7.66g (8.52%), Cholesterol: 0mg (0%), Sodium: 205.12mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin C: 97.38mg (118.04%), Vitamin K: 29.11µg (27.73%), Manganese: 0.48mg (23.85%), Vitamin A: 1182.38IU (23.65%), Vitamin B6: 0.44mg (22.22%), Fiber: 4.67g (18.67%), Potassium: 629.21mg (17.98%), Folate: 63.93µg (15.98%), Vitamin B2: 0.18mg (10.56%), Magnesium: 39.47mg (9.87%), Copper: 0.17mg (8.61%), Vitamin B1: 0.12mg (8.3%), Phosphorus: 82.63mg (8.26%), Vitamin E: 1.2mg (8.03%), Vitamin B3: 1.5mg (7.49%), Iron: 1.05mg (5.83%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.62mg (4.17%), Calcium: 41.11mg (4.11%), Selenium: 0.73µg (1.04%)