



Summer vegetable roll-ups



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 aubergines thin
- ☐ 3 courgettes
- ☐ 6 tbsp olive oil
- ☐ 3 pasilla peppers red
- ☐ 100 g ricotta
- ☐ 2 tsp pesto
- ☐ 50 g pinenuts
- ☐ 1 leaves basil to serve

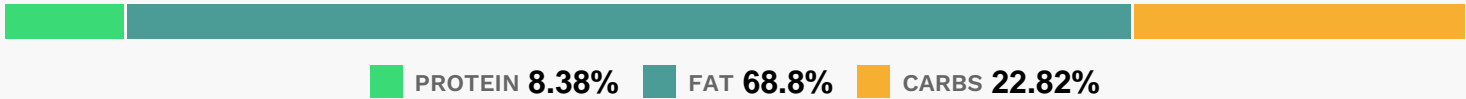
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ cocktail sticks

Directions

- ☐ Cut each aubergine and courgette into 6 slices lengthways. Line a grill pan with foil and arrange the aubergine and courgette slices over it.
- ☐ Brush them liberally with oil, then season. Grill until lightly browned, then turn over and repeat.
- ☐ Remove and leave to cool, keeping the 2 vegetables separate.
- ☐ Quarter the peppers and remove the seeds.
- ☐ Place on the grill, skin-side up, and grill until the skins are blackened.
- ☐ Transfer to a bowl and cover with foil. When cool enough to handle, peel off the skins.
- ☐ Mix the ricotta and pesto with a little seasoning. Put an aubergine slice on your work surface and spread with a little ricotta mix. Cover with a courgette slice and spread with a little more ricotta mix. Top with a pepper slice, then roll up from one end and secure with a cocktail stick if necessary.
- ☐ Place on a platter and repeat with the remaining vegetables and ricotta mix to make 12 roll-ups.
- ☐ Toast the pine nuts in a dry frying pan until golden.
- ☐ Drizzle a little oil over the roll-ups, then scatter with pine nuts and basil leaves.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:29.680869723144%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 428.41kcal (21.42%), Fat: 34.87g (53.65%), Saturated Fat: 6g (37.49%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 15.3g (5.56%), Sugar: 16.1g (17.89%), Cholesterol: 12.95mg (4.32%), Sodium: 64.96mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin C: 145.71mg (176.62%), Manganese: 1.99mg (99.73%), Vitamin A: 3312.96IU (66.26%), Vitamin E: 6.49mg (43.28%), Fiber: 10.72g (42.88%), Vitamin K: 38.88µg (37.03%), Vitamin B6: 0.71mg (35.72%), Potassium: 1197.85mg (34.22%), Folate: 134.05µg (33.51%), Magnesium: 103.43mg (25.86%), Phosphorus: 245.47mg (24.55%), Copper: 0.45mg (22.47%), Vitamin B2: 0.38mg (22.12%), Vitamin B3: 3.6mg (17.99%), Vitamin B1: 0.25mg (16.83%), Zinc: 2.16mg (14.38%), Iron: 2.38mg (13.2%), Vitamin B5: 1.32mg (13.19%), Calcium: 108.58mg (10.86%), Selenium: 4.78µg (6.83%), Vitamin B12: 0.09µg (1.42%)