



Summery Ratatouille

READY IN



89 min.

SERVINGS



8

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bell pepper diced
- ☐ 29 ounce tomatoes canned chopped
- ☐ 1.3 cups round buttery crackers crushed
- ☐ 1 tablespoon parsley dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ground pepper black
- ☐ 1 pound ground pork
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced

- ☐ 1 tablespoon oregano dried
- ☐ 1.3 cups parmesan cheese grated
- ☐ 1 tablespoon salt
- ☐ 16 ounce mozzarella cheese shredded
- ☐ 2 medium baby squash yellow cut in one-inch cubes
- ☐ 1 large zucchini cubed

Equipment

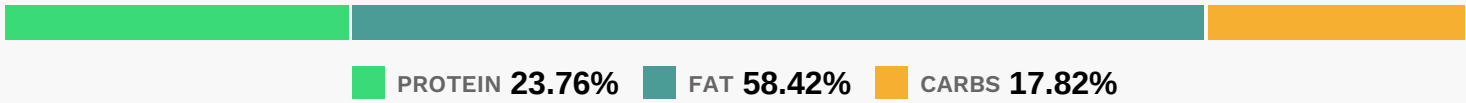
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large casserole dish.
- ☐ Place the ground pork in a large skillet and cook over medium heat, stirring to crumble, until evenly browned.
- ☐ Remove meat from skillet with a slotted spoon, reserving drippings, and place in a bowl.
- ☐ Add the onion and bell pepper to the skillet, and cook over medium heat until translucent and tender.
- ☐ Place in bowl with the ground pork.
- ☐ Add the olive oil to the same large skillet, swirling to coat pan. Stir in zucchini, yellow squash, and garlic; cook over medium heat until tender, about 4 minutes.
- ☐ Mix in the tomatoes, parsley, oregano, salt, and pepper; simmer over medium heat for 10 minutes. Stir in the sausage and onions; simmer 5 minutes more.
- ☐ Mix the cracker crumbs and Parmesan cheese together in a bowl. Set aside.
- ☐ Spread half the vegetable-sausage mixture over the bottom of the prepared dish.
- ☐ Sprinkle with the mozzarella.

- ☐
- Spread remaining vegetable sausage mixture over the cheese. Top evenly with the cracker crumb and Parmesan cheese mixture.
- ☐
- Bake in preheated oven until top is golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:26.853478359139%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 509.31kcal (25.47%), Fat: 33.62g (51.72%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.87g (6.86%), Sugar: 9.23g (10.26%), Cholesterol: 99.21mg (33.07%), Sodium: 1758.08mg (76.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.77g (61.55%), Vitamin C: 46.1mg (55.88%), Calcium: 518.31mg (51.83%), Phosphorus: 504.03mg (50.4%), Selenium: 30.61µg (43.73%), Vitamin B1: 0.62mg (41.02%), Vitamin B6: 0.67mg (33.32%), Vitamin B2: 0.56mg (33.03%), Manganese: 0.64mg (31.83%), Vitamin B12: 1.9µg (31.68%), Zinc: 4.3mg (28.66%), Vitamin A: 1407.79IU (28.16%), Potassium: 860.81mg (24.59%), Vitamin B3: 4.9mg (24.48%), Vitamin K: 25.28µg (24.07%), Iron: 3.38mg (18.78%), Magnesium: 72.92mg (18.23%), Vitamin E: 2.54mg (16.94%), Fiber: 4.2g (16.8%), Folate: 63.29µg (15.82%), Copper: 0.31mg (15.58%), Vitamin B5: 1.08mg (10.77%), Vitamin D: 0.3µg (2.03%)