



HEALTH SCORE

56%

Tempeh Ratatouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup pieces bell pepper red () (1/2 large pepper)
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 8 ounce mushrooms halved
- ☐ 1 cup onion finely chopped (1 large)
- ☐ 8 ounces tempeh organic cut into 1/2-inch cubes
- ☐ 0.5 cup vegetable broth organic (such as Swanson Certified)
- ☐ 1 cup baby squash yellow cut into (1-inch) cubes (1/2 pound)
- ☐ 1 cup zucchini cut into (1/2-inch) cubes (1/2 pound)

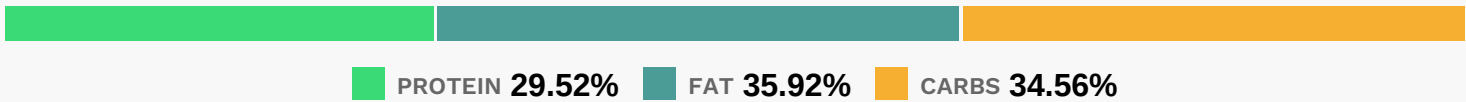
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 50
- ☐ Combine oil and tempeh in a baking pan coated with cooking spray, tossing to coat tempeh.
- ☐ Bake at 500 for 10 minutes or until tempeh is browned on the edges, stirring once.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; saut 3 minutes or until browned. Stir in salt, crushed red pepper, and garlic; saut 30 seconds.
- ☐ Add broth; bring to a boil. Stir in tempeh, squash, zucchini, and mushrooms; simmer 5 minutes. Stir in tomatoes and bell pepper; simmer 5 minutes.
- ☐ Remove from heat; stir in basil, parsley, and juice.

Nutrition Facts



Properties

Glycemic Index:82.5, Glycemic Load:2.9, Inflammation Score:-8, Nutrition Score:18.55260886835%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 173kcal (8.65%), Fat: 7.65g (11.76%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.9g (5.05%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 573.89mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.27%), Vitamin C: 49.3mg (59.75%), Manganese: 1.02mg (51.06%), Vitamin B2: 0.54mg (31.75%), Copper: 0.59mg (29.35%), Phosphorus: 252.88mg (25.29%), Vitamin K: 25.61µg (24.39%), Vitamin B6: 0.45mg (22.44%), Vitamin A: 1121.43IU (22.43%), Potassium: 766.06mg (21.89%), Vitamin B3: 4.3mg (21.48%), Magnesium: 72.79mg (18.2%), Folate: 62.42µg (15.6%), Iron: 2.6mg (14.42%), Vitamin B5: 1.29mg (12.88%), Vitamin B1: 0.16mg (10.96%), Fiber: 2.65g (10.59%), Calcium: 95.07mg (9.51%), Zinc: 1.33mg (8.88%), Selenium: 6.04µg (8.63%), Vitamin E: 0.8mg (5.32%), Vitamin B12: 0.07µg (1.13%)