



The Ultimate Ratatouille

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 fillet anchovy finely minced
- 4 servings splash balsamic vinegar
- 1 Leaves from 1/2 bunch basil fresh coarsely chopped
- 2 pints cherry tomatoes
- 1 chile dried
- 1 pound eggplants italian cut into 1-inch cubes
- 0.3 cup flat-leaf parsley fresh chopped
- 3 garlic cloves finely chopped

- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin divided
- 2 onions finely chopped
- 1 Leaves from 4 thyme sprigs fresh
- 1 pound zucchini

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Line a large platter with paper towels.
- Heat 1/3 cup olive oil in a medium saucepan over medium heat.
- Add the eggplant, season generously with salt and pepper, and let that cook down for 10 to 12 minutes, until the eggplant is soft and wilted.
- Remove the eggplant from the pan and onto a platter to drain. Next stop, zucchini: cook it the same way in 1/4 cup oil, then add it to the platter with the eggplant.
- Add another 1/4 cup olive oil to the pan, then the anchovies, onions, garlic and herbs. Cook for 5 to 7 minutes, until the onions get nice and caramelized.
- Add the tomatoes and cook that down for 10 to 12 minutes, until pulpy. Return the eggplant and zucchini to the pan, crack open the chile, and add that too. Season with salt and pepper and let the ratatouille cook slowly for about 20 minutes, until the mixture is soft, mushy and juicy; you want all the flavors to come together. Stir in the vinegar and let cool to room temperature.

Nutrition Facts



PROTEIN 8.1% **FAT 55.05%** **CARBS 36.85%**

Properties

Glycemic Index:82.75, Glycemic Load:4.11, Inflammation Score:-9, Nutrition Score:24.156086882819%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg

Nutrients (% of daily need)

Calories: 294.98kcal (14.75%), Fat: 19.08g (29.36%), Saturated Fat: 2.73g (17.03%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 21.35g (7.76%), Sugar: 17.56g (19.51%), Cholesterol: 1.8mg (0.6%), Sodium: 49.37mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin C: 86.96mg (105.4%), Vitamin K: 88.88µg (84.65%), Manganese: 0.87mg (43.47%), Vitamin A: 1780.62IU (35.61%), Potassium: 1216.66mg (34.76%), Vitamin E: 4.46mg (29.71%), Fiber: 7.4g (29.58%), Vitamin B6: 0.57mg (28.55%), Folate: 99.69µg (24.92%), Copper: 0.38mg (18.86%), Magnesium: 69.43mg (17.36%), Iron: 3.05mg (16.97%), Phosphorus: 167.07mg (16.71%), Vitamin B3: 3.07mg (15.37%), Vitamin B1: 0.22mg (14.36%), Vitamin B2: 0.23mg (13.66%), Vitamin B5: 0.97mg (9.74%), Calcium: 86.91mg (8.69%), Zinc: 1.11mg (7.38%), Selenium: 3.45µg (4.93%)