



Tomato and Eggplant Ragout

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 2 lb eggplant peeled cut into 3/4-inch cubes
- 2 teaspoons kosher salt
- 0.8 cup olive oil
- 2 cups onion diced
- 2 teaspoons garlic finely chopped
- 2 cups celery diced
- 29 oz canned tomatoes diced fire roasted organic undrained canned
- 0.5 teaspoon kosher salt

- 0.3 teaspoon pepper black
- 0.3 cup parsley fresh italian coarsely chopped (flat-leaf)

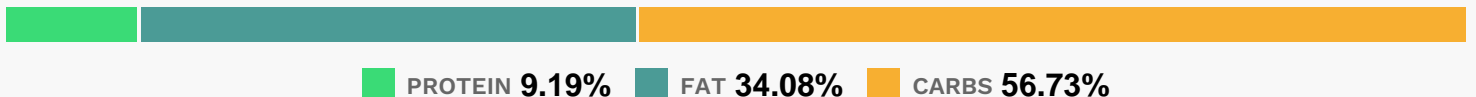
Equipment

- frying pan
- paper towels
- colander

Directions

- Place diced eggplant in colander.
- Sprinkle with 2 teaspoons salt.
- Let stand 1 hour; rinse with cold water.
- In 10-inch nonstick skillet, heat 1/4 cup of the olive oil over medium-high heat. Cook half of the eggplant in oil until golden brown.
- Drain on paper towel-lined plate. Repeat with another 1/4 cup olive oil and remaining eggplant.
- In same skillet, heat remaining 1/4 cup olive oil over medium-low heat. Cook onions in oil about 10 minutes, stirring occasionally, until very tender.
- Add garlic and cook 30 seconds; add celery and cook 2 to 3 minutes.
- Add tomatoes; cook and stir 2 minutes.
- Add cooked eggplant, 1/2 teaspoon salt and the pepper; heat to a slow simmer. Cover; cook 20 minutes. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:12.240434853927%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg

Nutrients (% of daily need)

Calories: 146kcal (7.3%), Fat: 5.82g (8.95%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 14.6g (5.31%), Sugar: 11.25g (12.5%), Cholesterol: 0mg (0%), Sodium: 1214.22mg (52.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin K: 73.44µg (69.94%), Fiber: 7.19g (28.75%), Manganese: 0.49mg (24.47%), Vitamin A: 1016.44IU (20.33%), Vitamin C: 15.53mg (18.82%), Potassium: 535.48mg (15.3%), Folate: 60.63µg (15.16%), Vitamin B6: 0.23mg (11.58%), Vitamin E: 1.36mg (9.06%), Calcium: 87.88mg (8.79%), Iron: 1.54mg (8.54%), Copper: 0.16mg (8.24%), Magnesium: 32.29mg (8.07%), Vitamin B1: 0.1mg (6.37%), Phosphorus: 63.43mg (6.34%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.59mg (5.94%), Vitamin B2: 0.09mg (5.53%), Zinc: 0.43mg (2.85%), Selenium: 1.01µg (1.44%)