

## Vegetable Tian



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 2 ounces gruyère cheese grated
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings olive oil good
- ☐ 1 pound round potatoes unpeeled
- ☐ 1.3 pounds tomatoes

- ☐ 2 large onions yellow sliced cut in half and
- ☐ 0.8 pound zucchini

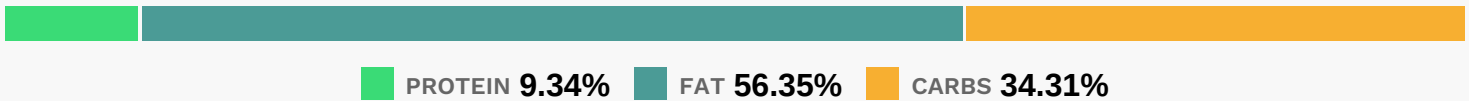
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Brush a 9 by 13 by 2-inch baking dish with olive oil. In a medium saute pan, heat 2 tablespoons of olive oil and cook the onions over medium-low heat for 8 to 10 minutes, until translucent.
- ☐ Add the garlic and cook for another minute.
- ☐ Spread the onion mixture on the bottom of the baking dish.
- ☐ Slice the potatoes, zucchini, and tomatoes in 1/4-inch thick slices.
- ☐ Layer them alternately in the dish on top of the onions, fitting them tightly, making only 1 layer.
- ☐ Sprinkle with salt, pepper, thyme leaves, and thyme sprigs and drizzle with 1 more tablespoon of olive oil. Cover the dish with aluminum foil and bake for 35 to 40 minutes, until the potatoes are tender. Uncover the dish, remove the thyme sprigs, sprinkle the cheese on top, and bake for another 30 minutes until browned.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:45.13, Glycemic Load:12.01, Inflammation Score:-9, Nutrition Score:13.780434852061%

## Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 270.73kcal (13.54%), Fat: 17.57g (27.03%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 19.63g (7.14%), Sugar: 6.66g (7.4%), Cholesterol: 10.39mg (3.46%), Sodium: 471.44mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin C: 43.87mg (53.17%), Vitamin B6: 0.48mg (23.78%), Manganese: 0.45mg (22.44%), Potassium: 784.42mg (22.41%), Vitamin A: 1049.1IU (20.98%), Vitamin K: 20.51µg (19.54%), Fiber: 4.44g (17.76%), Vitamin E: 2.64mg (17.61%), Phosphorus: 162.02mg (16.2%), Calcium: 142.19mg (14.22%), Folate: 50.91µg (12.73%), Magnesium: 48.8mg (12.2%), Vitamin B1: 0.15mg (10.16%), Copper: 0.2mg (10.1%), Vitamin B3: 1.71mg (8.56%), Vitamin B2: 0.14mg (8.36%), Iron: 1.49mg (8.3%), Zinc: 1.05mg (7%), Vitamin B5: 0.55mg (5.51%), Selenium: 2.11µg (3.02%), Vitamin B12: 0.15µg (2.52%)