




 **26%**
HEALTH SCORE

Vegetarian Ratatouille


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 eggplant (aubergine)
- 1 zucchini chopped (courgette)
- 1 to 3 sized squashes yellow chopped
- 2 tomatoes peeled chopped
- 0.5 bell pepper red chopped
- 0.5 and orange peppers chopped
- 1 onion chopped
- 5 cloves garlic chopped

- 2 Tbsp basil fresh chopped
- 2 Tbsp basil fresh chopped
- 2 sprigs thyme leaves
- 0.3 tsp oregano dried
- 2 Tbsp olive oil extra virgin
- 1 tsp sea salt

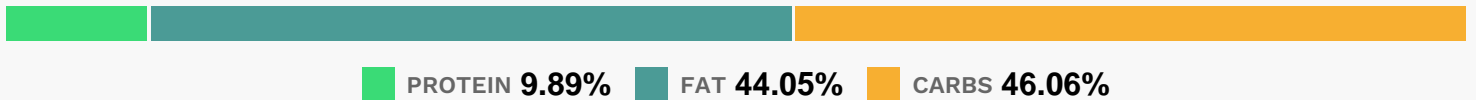
Equipment

- sauce pan

Directions

- Saute onion and garlic in a large saucepan over medium low heat until onions are translucent.
- Add tomatoes and stir.
- Add all the remaining ingredients and cook for 30 minutes on low stirring occasionally or until eggplant is tender.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:12.011739130435%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 96.21kcal (4.81%), Fat: 5.18g (7.96%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 7.78g (2.83%), Sugar: 6.96g (7.73%), Cholesterol: 0mg (0%), Sodium: 396.69mg (17.25%), Protein: 2.61g (5.23%), Vitamin C: 47.51mg (57.59%), Vitamin K: 30.09µg (28.66%), Vitamin A: 1349.99IU (27%), Manganese:

0.49mg (24.26%), Fiber: 4.39g (17.58%), Vitamin B6: 0.34mg (17.03%), Potassium: 536.95mg (15.34%), Folate: 56.12µg (14.03%), Vitamin E: 1.57mg (10.45%), Magnesium: 34.9mg (8.73%), Vitamin B2: 0.14mg (8.4%), Copper: 0.16mg (7.84%), Phosphorus: 70.1mg (7.01%), Vitamin B1: 0.1mg (6.75%), Vitamin B3: 1.33mg (6.63%), Iron: 0.94mg (5.2%), Vitamin B5: 0.48mg (4.79%), Calcium: 41.5mg (4.15%), Zinc: 0.54mg (3.63%), Selenium: 0.84µg (1.2%)