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Ratatouille

Ratatouille is a traditional French vegetable stew that originated in the region of Provence. It is made with a variety of fresh vegetables, including eggplant, zucchini, bell peppers, tomatoes, and onions. The vegetables are sautéed in olive oil and then simmered until tender. Ratatouille is typically served as a side dish or as a main course with crusty bread or pasta.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

200 g	eggplant
200 g	zucchini
200 g	Bell peppers
400 g	Tomatoes

200 g	Onions
4 tbsp	olive oil
2 cloves	garlic
10 g	Fresh Basil
5 g	fresh thyme
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Cut

Slice the eggplant, zucchini, bell peppers, and onions into thin rounds or strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat 2 tablespoons of olive oil in a large skillet or pot over medium heat. Add the onions and garlic and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the eggplant, zucchini, and bell peppers to the skillet. Cook for 10 minutes, stirring occasionally, until the vegetables start to soften.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stirring

Add the tomatoes, basil, thyme, salt, and black pepper to the skillet. Stir well to combine.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Simmering

Reduce the heat to low and cover the skillet. Simmer for 15-20 minutes, or until the vegetables are tender and the flavors have melded together.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve the ratatouille hot as a side dish or as a main course with crusty bread or pasta.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 1 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian French Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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