



# Ratatouille

Nutrition Facts Report  
Source: Custom

Yield: 57.544 (3.500 ounce(s))  
No. Ingredients: 13

Category: Basic Food  
Manufacturer: (None)

## Ingredients

- 1.000 item Eggplant
- 33.000 oz. Red Tomato, Stewed
- 4.000 item Red Bell or Sweet Pepper
- 4.000 item Yellow Bell or Sweet Pepper
- 8.000 item Zucchini Summer Squash
- 8.000 item Summer Squash, All Varieties
- 3.000 item Red Onions, Sliced
- 3.000 oz. Garlic Clove
- 2.000 T. Ground Oregano
- 2.000 T. Basil
- 2.000 oz. Olive Oil
- 1.000 t. Table Salt
- 1.000 t. Ground Black Pepper

## Nutrition Facts

Serving Size 3.50 ounce(s) (99g)

Amount Per Serving

Calories	42	Calories from Fat	14
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% Daily Value

Total Fat	1.6g		2 %
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Saturated Fat	0.3g		1 %
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Trans Fat	0.0g		
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Cholesterol	0.0mg		0 %
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Sodium	118.7mg		5 %
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Total Carbohydrate	6.6g		2 %
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Dietary Fiber	1.6g		6 %
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Sugars	2.4g		
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Protein	1.3g		
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Vitamin A	10 %	Calcium	2 %
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Vitamin C	76 %	Iron	3 %
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## Instructions