



Artichoke and Fennel Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce tomato sauce canned
- ☐ 2 tablespoons capers
- ☐ 1 cup celery chopped
- ☐ 1 cup fennel bulb chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 9 ounce artichoke hearts frozen thawed chopped
- ☐ 2 garlic cloves thinly sliced

- ☐ 0.5 cup golden raisins
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup citrus champagne vinegar

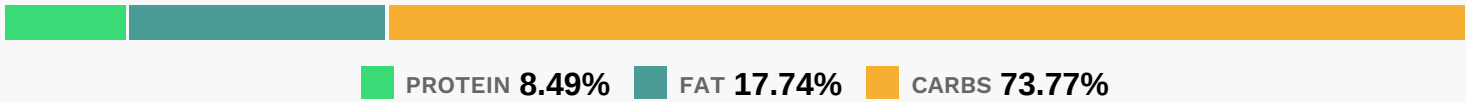
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add onion, celery, fennel, and garlic; saut 5 minutes or until tender. Stir in raisins and next 8 ingredients (through artichokes). Bring to a simmer; cook over medium–low heat 5 minutes or until liquid almost evaporates.
- ☐ Sprinkle with parsley.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:4.2860869454301%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 58.48kcal (2.92%), Fat: 1.26g (1.93%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.78g (3.55%), Sugar: 7.56g (8.4%), Cholesterol: 0mg (0%), Sodium: 236.71mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 17.41µg (16.58%), Folate: 33.48µg (8.37%), Fiber: 1.97g (7.89%), Vitamin C: 6.32mg (7.66%), Manganese: 0.14mg (7.16%), Potassium: 243.66mg (6.96%), Vitamin A: 250.59IU (5.01%), Vitamin B6: 0.09mg (4.5%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (4.13%), Vitamin B2: 0.07mg (3.98%), Magnesium: 15.37mg (3.84%), Iron: 0.66mg (3.66%), Phosphorus: 34.52mg (3.45%), Vitamin B3: 0.61mg (3.06%), Calcium: 21.89mg (2.19%), Vitamin B5: 0.19mg (1.88%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.2mg (1.34%)