



HEALTH SCORE

63%

Braised Eggplants and Potatoes with Tomatoes, Capers, and Olives



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup capers
- ☐ 1.3 cups julienne-cut celery
- ☐ 2 pounds japanese eggplants
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon honey

- ☐ 0.3 cup kalamata olives pitted
- ☐ 8 lemon wedges
- ☐ 2 tablespoons olive oil divided
- ☐ 5 cups onion thinly sliced
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 bell peppers red
- ☐ 1.5 pounds potatoes red
- ☐ 2.5 teaspoons salt divided
- ☐ 2 tablespoons tomato paste
- ☐ 4 pounds tomatoes cored
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Place eggplant slices in a colander, and sprinkle with 2 teaspoons salt. Toss well, and drain 1 hour.

- ☐ Place eggplant slices on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes, pressing down occasionally.
- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut into 1-inch strips.
- ☐ Place the potatoes in a medium sauce-pan, and cover with water. Bring to a boil; reduce heat, and simmer for 15 minutes or until almost tender.
- ☐ Remove the potatoes with a slotted spoon; set aside.
- ☐ Return water to a boil.
- ☐ Add 3 tomatoes to pan; reduce heat, and simmer 1 minute or until tomato skins begin to curl.
- ☐ Remove tomatoes with a slotted spoon, and plunge tomatoes into ice water. Slip skins off tomatoes using a paring knife. Repeat procedure with remaining tomatoes.
- ☐ Cut tomatoes in half. Seed tomatoes in a sieve over a bowl, reserving juice; discard seeds. Chop tomato pulp; set aside.
- ☐ Combine reserved tomato juice and chopped tomatoes. Discard water.
- ☐ Heat 1 tablespoon olive oil in pan over medium-low heat.
- ☐ Add sliced onion, and cook for 15 minutes, stirring occasionally. Stir in the tomato mixture, celery, tomato paste, oregano, honey, and garlic; bring to a boil. Reduce heat to medium, and cook 25 minutes, stirring occasionally.
- ☐ Sprinkle with 1/2 teaspoon salt and black pepper.
- ☐ Rinse eggplant, and pat dry on paper towels.
- ☐ Heat 1 tablespoon oil in a large Dutch oven or stockpot over medium heat.
- ☐ Add eggplant, and saut 15 minutes or until tender.
- ☐ Add bell pepper, potatoes, tomato mixture, water, parsley, olives, and capers, and bring to a boil. Reduce heat, and simmer for 20 minutes or until the potatoes are very tender.
- ☐ Serve with lemon wedges.

Nutrition Facts



 **PROTEIN 10.83%**  **FAT 19.28%**  **CARBS 69.89%**

Properties

Glycemic Index:47.6, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:27.806521819985%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Apigenin: 8.54mg, Apigenin: 8.54mg, Apigenin: 8.54mg, Apigenin: 8.54mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 32.01mg, Quercetin: 32.01mg, Quercetin: 32.01mg, Quercetin: 32.01mg

Nutrients (% of daily need)

Calories: 233.94kcal (11.7%), Fat: 5.53g (8.5%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 33.57g (12.21%), Sugar: 18.53g (20.59%), Cholesterol: 0mg (0%), Sodium: 1048.51mg (45.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Vitamin C: 102.73mg (124.53%), Vitamin K: 98.87µg (94.16%), Vitamin A: 3343.22IU (66.86%), Fiber: 11.51g (46.03%), Manganese: 0.9mg (44.88%), Potassium: 1534.72mg (43.85%), Vitamin B6: 0.68mg (34.14%), Folate: 123.18µg (30.79%), Copper: 0.46mg (22.76%), Vitamin E: 3.17mg (21.13%), Magnesium: 84mg (21%), Vitamin B3: 3.78mg (18.91%), Vitamin B1: 0.28mg (18.65%), Phosphorus: 185.13mg (18.51%), Iron: 2.63mg (14.64%), Vitamin B2: 0.2mg (11.61%), Vitamin B5: 1.08mg (10.82%), Calcium: 98.52mg (9.85%), Zinc: 1.24mg (8.24%), Selenium: 1.9µg (2.72%)