



## Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free



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READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

126 kcal

SIDE DISH

## Ingredients



1 cup capers



6 rib celery cut into 1/4-inch slices



3 medium eggplants cut into small dice



2 tablespoons parsley leaves fresh chopped



3 cloves garlic thinly sliced



1 cup kalamata olives pitted chopped



2 cups tomatoes prepared



1 cup olive oil for frying plus more if needed

- ☐ 2 onions chopped
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 1.5 cups red wine vinegar
- ☐ 1 cup roasted peppers red thinly sliced
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 2 tablespoons sugar
- ☐ 3 small baby squash yellow quartered cut into 1/4-inch pieces
- ☐ 3 small zucchini green quartered cut into 1/4-inch pieces

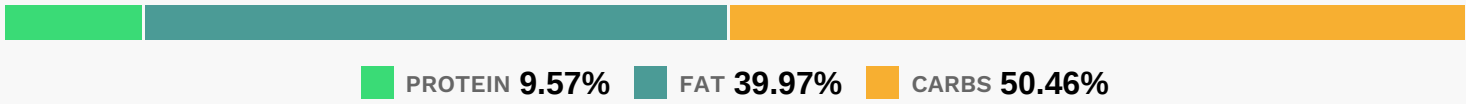
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a very hot pan, separately cook the vegetables over a medium-high flame with a bit of the olive oil. Cook the onions and the garlic together in the same pan in a little more oil. Set all cooked vegetables aside in a large bowl.
- ☐ Combine vinegar and sugar in a small saucepan and reduce by half over medium-high heat for 3 to 4 minutes.
- ☐ While vegetables are still warm, combine with the roasted peppers, olives, and capers.
- ☐ Pour the "agrodolce" vinegar over the vegetable mixture and toss to coat.
- ☐ Add salt and pepper to taste.
- ☐ Add the chopped herbs and marinara sauce and stir.
- ☐ Serve the caponata at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:29.17, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:11.77260858598%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 19.29mg, Kaempferol: 19.29mg, Kaempferol: 19.29mg, Kaempferol: 19.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 29.14mg, Quercetin: 29.14mg, Quercetin: 29.14mg, Quercetin: 29.14mg

## Nutrients (% of daily need)

Calories: 126.35kcal (6.32%), Fat: 6.03g (9.28%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 10.75g (3.91%), Sugar: 9.83g (10.92%), Cholesterol: 0mg (0%), Sodium: 942.16mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 24.39mg (29.56%), Vitamin K: 29.73µg (28.31%), Manganese: 0.55mg (27.46%), Fiber: 6.38g (25.53%), Potassium: 623.68mg (17.82%), Vitamin B6: 0.32mg (15.87%), Vitamin E: 2.24mg (14.94%), Folate: 56.75µg (14.19%), Copper: 0.27mg (13.69%), Magnesium: 45.84mg (11.46%), Vitamin A: 519.71IU (10.39%), Vitamin B2: 0.17mg (10.28%), Iron: 1.83mg (10.14%), Vitamin B3: 1.69mg (8.44%), Phosphorus: 75.92mg (7.59%), Vitamin B1: 0.1mg (6.8%), Calcium: 63.93mg (6.39%), Vitamin B5: 0.6mg (6.05%), Zinc: 0.61mg (4.04%), Selenium: 1.27µg (1.82%)