



Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup celery chopped
- ☐ 0.8 teaspoon basil dried
- ☐ 1 pound eggplant cut into 1/2-inch cubes
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil divided
- ☐ 1 cup onion chopped

- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar

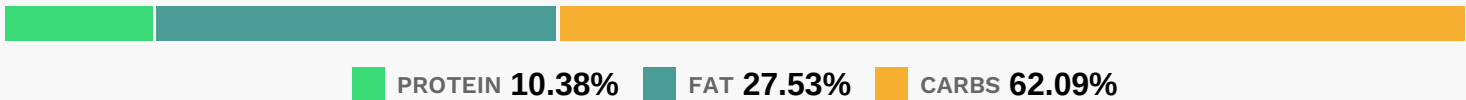
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Sprinkle salt over eggplant; stir well.
- ☐ Place eggplant in colander, and let stand 1 hour. Rinse well; drain.
- ☐ Combine tomato and next 6 ingredients in a medium bowl; stir well, and set aside.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant, and cook, stirring occasionally, 13 minutes or until tender.
- ☐ Transfer to a plate.
- ☐ Add 1 1/2 teaspoons oil to pan, and place over medium heat.
- ☐ Add onion and celery; cook, stirring occasionally, 4 minutes or until lightly browned.
- ☐ Add garlic; cook 1 minute.
- ☐ Add cooked eggplant and tomato mixture to pan; stir well. Cook 3 minutes or until thoroughly heated.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:2.7408695816994%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 30.31kcal (1.52%), Fat: 1.02g (1.57%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.59g (1.31%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 378.51mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Manganese: 0.14mg (7.04%), Fiber: 1.6g (6.4%), Vitamin C: 3.91mg (4.75%), Potassium: 166.21mg (4.75%), Vitamin K: 4.8µg (4.57%), Vitamin B6: 0.08mg (3.99%), Copper: 0.08mg (3.95%), Vitamin E: 0.55mg (3.68%), Folate: 12.88µg (3.22%), Magnesium: 11.11mg (2.78%), Iron: 0.5mg (2.77%), Vitamin B3: 0.53mg (2.63%), Vitamin B1: 0.04mg (2.41%), Phosphorus: 19.32mg (1.93%), Vitamin B2: 0.03mg (1.76%), Vitamin B5: 0.17mg (1.73%), Calcium: 16.84mg (1.68%), Vitamin A: 77.27IU (1.55%)