



## Caponata alla Siciliana

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

### Ingredients

- 8 servings bread rounds toasted
- 14.5 ounce canned tomatoes diced undrained canned
- 2 tablespoons capers drained
- 1 cup rib celery diced
- 2 medium eggplants cut into 1-inch cubes
- 0.3 cup olive oil
- 2 tablespoons olive oil
- 2.5 ounce olives ripe drained sliced canned

- 2 medium onions sliced
- 0.3 teaspoon pepper
- 0.5 cup pimiento-stuffed olives
- 1 tablespoon pinenuts
- 0.5 cup red wine vinegar
- 0.5 teaspoon salt
- 3 tablespoons sugar

## Equipment

- dutch oven

## Directions

- Saut eggplants in 1/4 cup hot oil in a Dutch oven over medium-high heat for 10 minutes or until tender and slightly brown.
- Remove eggplant, and set aside.
- Saut onions in 2 tablespoons olive oil in Dutch oven over medium heat 5 minutes or until golden.
- Add tomatoes and celery; simmer, stirring occasionally, 15 minutes or until celery is tender. Stir in olives, capers, and pine nuts. Return eggplant to Dutch oven.
- Stir red wine vinegar, sugar, salt, and pepper into eggplant mixture. Cover and simmer, stirring occasionally, 30 minutes. Cool. Cover and chill 8 hours.
- Remove from refrigerator 30 minutes before serving.
- Serve with pita chips or toasted bread rounds.

## Nutrition Facts



PROTEIN 7.17%  FAT 48.16%  CARBS 44.67%

## Properties

Glycemic Index:28.64, Glycemic Load:5.89, Inflammation Score:-7, Nutrition Score:14.188695658808%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

## Nutrients (% of daily need)

Calories: 333.05kcal (16.65%), Fat: 18.47g (28.41%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 31.42g (11.43%), Sugar: 13.84g (15.37%), Cholesterol: 0mg (0%), Sodium: 806.03mg (35.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Manganese: 0.74mg (36.81%), Vitamin E: 5.28mg (35.21%), Fiber: 7.11g (28.45%), Vitamin K: 23.52µg (22.4%), Folate: 86.96µg (21.74%), Vitamin B3: 3.58mg (17.89%), Vitamin B1: 0.27mg (17.83%), Potassium: 588.33mg (16.81%), Selenium: 10.39µg (14.85%), Iron: 2.65mg (14.75%), Copper: 0.29mg (14.74%), Vitamin B6: 0.27mg (13.29%), Vitamin C: 10.37mg (12.57%), Magnesium: 49.08mg (12.27%), Vitamin B2: 0.19mg (11.01%), Phosphorus: 103.09mg (10.31%), Vitamin B5: 0.72mg (7.2%), Vitamin A: 341.59IU (6.83%), Calcium: 62.09mg (6.21%), Zinc: 0.78mg (5.17%)