



Caponata Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 4 teaspoons capers
- 8 ounces bread crumbs italian
- 9 ounces eggplant
- 1 medium garlic clove
- 0.3 cup golden raisins
- 2 teaspoons granulated sugar
- 10 servings kosher salt

- 2 tablespoons olive oil
- 2 cups onion red (1 large onion)
- 0.3 teaspoon oregano dried
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- baking sheet
- grill
- grill pan

Directions

- Heat 3 tablespoons of the oil in a large frying pan over medium-high heat until shimmering.
- Add the eggplant, arrange in a single layer, and season with salt and pepper. Cook undisturbed until the bottoms are golden brown, about 2 minutes. Stir the eggplant and continue to cook, stirring occasionally, until just tender, about 2 minutes more.
- Remove to a medium bowl and set aside.Reduce the heat to medium, add the remaining 1 tablespoon oil to the pan, and heat until shimmering.
- Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 to 6 minutes.
- Add the raisins, vinegar, capers, and sugar and stir to combine. Cook until the vinegar has been absorbed, about 2 minutes.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).Meanwhile, arrange the bread slices in a single layer on a baking sheet. Using 1 tablespoon of the oil, very lightly brush the tops of the bread with the oil. Flip the slices over and brush with the remaining 1 tablespoon oil. Generously season one side only with salt and pepper.
- Place the bread on the grill (reserve the baking sheet) and cook until grill marks appear and the bread is toasted and crisp, about 2 to 3 minutes per side.Return the grilled bread to the reserved baking sheet, seasoned-side up, and rub the seasoned sides with the garlic clove.To serve, divide the caponata mixture evenly among the bread slices.
- Cut the bruschetta into pieces if desired before serving.

Nutrition Facts

PROTEIN 5.52% FAT 51.79% CARBS 42.69%

Properties

Glycemic Index:25.08, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:3.1534782661044%

Flavonoids

Delphinidin: 21.86mg, Delphinidin: 21.86mg, Delphinidin: 21.86mg, Delphinidin: 21.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 186.09kcal (9.3%), Fat: 10.92g (16.8%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 17.93g (6.52%), Sugar: 12.22g (13.58%), Cholesterol: 0mg (0%), Sodium: 302.7mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Fiber: 2.33g (9.31%), Manganese: 0.13mg (6.72%), Folate: 26.42µg (6.6%), Vitamin B3: 1.28mg (6.38%), Potassium: 186.14mg (5.32%), Iron: 0.74mg (4.14%), Vitamin C: 3.19mg (3.87%), Vitamin B1: 0.06mg (3.84%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.51mg (3.39%), Vitamin K: 3.51µg (3.34%), Magnesium: 12.67mg (3.17%), Phosphorus: 28.97mg (2.9%), Vitamin B2: 0.05mg (2.79%), Copper: 0.05mg (2.62%), Calcium: 14.02mg (1.4%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.16mg (1.08%)