



 **53%**
HEALTH SCORE

Caponata from Loni Kuhn's S.f. Cooking Class

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

Ingredients

- 2 lbs canned tomatoes diced italian peeled seeded undrained canned (, and OR 1 28-oz. can plum tomatoes, , cut up)
- 4 tablespoons capers drained
- 2 carrots thinly sliced
- 1.5 cups celery sliced (1/)
- 2 medium eggplant whole cut into 1-inch cubes)
- 0.3 cup basil dried fresh chopped (or 2 Tbsp basil)
- 2 garlic clove chopped ()
- 1 teaspoon pepper fresh black

- 0.8 cup olive green sliced ()
- 0.5 cup olive oil
- 8 servings olive oil
- 2 large onion chopped ()
- 0.5 cup parsley fresh italian chopped ()
- 0.5 cup pinenuts
- 2 bell pepper green red cut into 1-inch chunks)
- 0.3 cup red wine vinegar
- 2 tablespoons salt to taste (or)
- 2 tablespoons sugar
- 3 tablespoons tomato paste
- 2 medium zucchini sliced (up to 3,)

Equipment

- bowl
- dutch oven

Directions

- Cut unpeeled eggplant into 1-inch cubes.
- Heat olive oil in a 5- or 6-quart enameled cast iron casserole or Dutch oven.
- Add eggplant and onions and saute for 5 minutes until lightly golden. (This step can be eliminated to save calories, although the recipe will not be as authentic. If you like, just place raw eggplant and onions in casserole and proceed.
- Add the remaining ingredients to casserole; stir gently but thoroughly and simmer, covered, for 30 minutes, stirring occasionally.
- Remove lid and simmer for about 10 minutes more or until thick (this will depend on the juiciness of the tomatoes).
- Serve at room temperature in a bowl surrounded by sliced French or Italian bread or as a salad on romaine leaves. Will keep, under refrigeration, for 3 weeks.

Nutrition Facts

PROTEIN 8.1% FAT 58.13% CARBS 33.77%

Properties

Glycemic Index:50.99, Glycemic Load:7.53, Inflammation Score:-10, Nutrition Score:34.003478340481%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg

Nutrients (% of daily need)

Calories: 365.46kcal (18.27%), Fat: 25.66g (39.48%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 21.5g (7.82%), Sugar: 17.82g (19.8%), Cholesterol: 0mg (0%), Sodium: 2292.89mg (99.69%), Alcohol: 0g (100%), Protein: 8.04g (16.09%), Vitamin K: 227.17µg (216.35%), Manganese: 2.23mg (111.7%), Vitamin A: 3633.21IU (72.66%), Vitamin C: 56.79mg (68.83%), Iron: 10.02mg (55.67%), Fiber: 12.05g (48.19%), Vitamin E: 6.88mg (45.86%), Potassium: 1271.35mg (36.32%), Copper: 0.71mg (35.32%), Magnesium: 140.08mg (35.02%), Vitamin B6: 0.63mg (31.55%), Calcium: 267.73mg (26.77%), Folate: 105.08µg (26.27%), Vitamin B3: 3.78mg (18.89%), Phosphorus: 188.27mg (18.83%), Vitamin B2: 0.31mg (18.5%), Vitamin B1: 0.25mg (16.57%), Zinc: 1.99mg (13.29%), Vitamin B5: 1.02mg (10.25%), Selenium: 2.31µg (3.29%)