



## Caponata Panini

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 sourdough demi-baguettes halved lengthwise
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 14.5 ounce canned tomatoes diced with juices canned
- 1 tablespoon capers drained
- 1 celery stalk chopped
- 1 medium eggplant cut into 1/2-inch cubes
- 0.3 cup olive oil
- 1 medium onion chopped

- 0.5 teaspoon oregano dried
- 4 slices provolone cheese halved
- 3 tablespoons raisins
- 1 bell pepper red cored seeded cut into 1/2-inch pieces
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt plus more for seasoning
- 4 teaspoons sugar

## Equipment

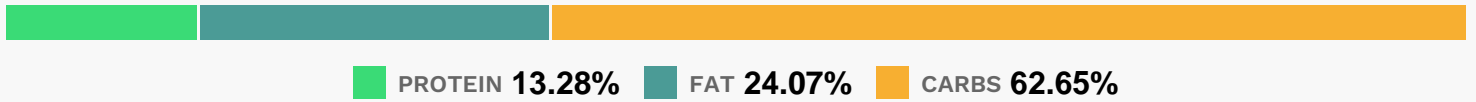
- frying pan
- grill
- panini press
- chopsticks

## Directions

- Special equipment: a panini grill
- Preheat a panini grill.
- Using a grapefruit spoon or fingers, scoop out a 1-inch wide trough along the cut sides of the baguettes.
- Place 2 half-slices of the provolone cheese on each bottom half of the baguettes. Spoon 1/3 cup of the caponata on top of the cheese.
- Place the top halves on the baguettes and grill the panini until the cheese melts, about 5 minutes.
- In a large skillet, heat the olive oil over medium-high heat.
- Add the onion and cook until translucent, about 3 minutes.
- Add the celery and eggplant and cook until soft, about 3 to 4 minutes.
- Add the red bell pepper and cook until crisp-tender, about 5 minutes.
- Add the tomatoes, raisins, and oregano to the pan. Simmer over medium-low heat, stirring frequently, until the mixture thickens, about 20 minutes. Stir in the vinegar, sugar, capers, 1/2 teaspoon of salt and 1/2 teaspoon of black pepper. Season, to taste, with more salt and

pepper, if needed.

## Nutrition Facts



### Properties

Glycemic Index:107.16, Glycemic Load:94.24, Inflammation Score:-10, Nutrition Score:43.673043370247%

### Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

### Nutrients (% of daily need)

Calories: 968.84kcal (48.44%), Fat: 26.13g (40.2%), Saturated Fat: 6.62g (41.39%), Carbohydrates: 152.98g (50.99%), Net Carbohydrates: 139.97g (50.9%), Sugar: 26.86g (29.85%), Cholesterol: 13.11mg (4.37%), Sodium: 1884.46mg (81.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Vitamin B1: 1.62mg (108.27%), Manganese: 1.8mg (89.96%), Folate: 330.11µg (82.53%), Vitamin B3: 13.89mg (69.43%), Selenium: 47.05µg (67.22%), Vitamin C: 52.91mg (64.13%), Iron: 11.32mg (62.91%), Vitamin B2: 1.02mg (60.09%), Fiber: 13.01g (52.02%), Calcium: 480.15mg (48.02%), Phosphorus: 419.56mg (41.96%), Vitamin B6: 0.68mg (33.79%), Vitamin E: 5mg (33.32%), Copper: 0.66mg (32.82%), Vitamin K: 33.65µg (32.04%), Potassium: 1118.94mg (31.97%), Magnesium: 120.73mg (30.18%), Vitamin A: 1369.86IU (27.4%), Zinc: 3.23mg (21.53%), Vitamin B5: 1.79mg (17.91%), Vitamin B12: 0.28µg (4.62%)