



Caponata Pasta Bake

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 32 ounce canned tomatoes diced canned
- ☐ 3 ounce capers drained
- ☐ 2 ribs celery chopped
- ☐ 1 medium eggplant diced firm
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 4 cloves garlic chopped
- ☐ 0.5 cups golden raisins

- ☐ 0.5 cup olives green pitted chopped
- ☐ 4 servings serving suggestion: greens tossed mixed fresh with herbs, dressed with oil, vinegar, salt, and pepper
- ☐ 0.5 cup kalamata olives black pitted chopped
- ☐ 1 cubanelle long pepper diced green italian seeded
- ☐ 2 tablespoons olive oil extra-virgin 2 turns around the pan
- ☐ 4 servings parsley chopped
- ☐ 1.5 cups provolone cheese shredded available on dairy aisle of market
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt
- ☐ 1 large onion sweet peeled chopped
- ☐ 0.5 pound ziti rigate pasta cooked

Equipment

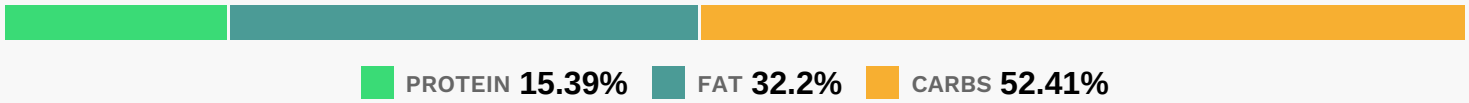
- ☐ frying pan
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ stove
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Preheat broiler to high.
- ☐ Reheat caponata in the microwave or on the stovetop. Cook pasta until al dente in salted water, drain and transfer back into hot pot.
- ☐ Add hot caponata and combine.

- ☐ Transfer pasta and vegetables to a (9 by 13-inch) baking dish. Top with shredded provolone, crushed pepper flakes, and parsley.
- ☐ Place baking dish under broiler to brown and bubble cheese.
- ☐ Serve immediately.
- ☐ If you prepare a salad, keep it simple.
- ☐ Mixed greens tossed with fresh herbs, dressed with oil, vinegar, salt, and pepper.
- ☐ Place the cutting board near the stovetop. Preheat a big, deep pot over medium heat.
- ☐ Add oil, garlic, and crushed pepper. As you chop vegetables (peppers, onion, and celery), add them to the pot. Once vegetables are in there, increase heat a bit.
- ☐ Stir in olives and capers, raisins. Salt the diced eggplant and stir into the pot.
- ☐ Add tomatoes, diced and crushed, to the pot and stir caponata well to combine. Cover pot and cook caponata 15 to 20 minutes, until vegetables are tender. Stir in parsley and remove pan from heat.

Nutrition Facts



Properties

Glycemic Index:97.42, Glycemic Load:33.52, Inflammation Score:-10, Nutrition Score:47.683478122172%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 29.49mg, Kaempferol: 29.49mg, Kaempferol: 29.49mg, Kaempferol: 29.49mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 49.4mg, Quercetin: 49.4mg, Quercetin: 49.4mg

Nutrients (% of daily need)

Calories: 739.41kcal (36.97%), Fat: 27.93g (42.96%), Saturated Fat: 10.57g (66.07%), Carbohydrates: 102.27g (34.09%), Net Carbohydrates: 86.22g (31.35%), Sugar: 36.96g (41.06%), Cholesterol: 34.15mg (11.39%), Sodium: 2152.98mg (93.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Vitamin K: 123.13µg (117.27%), Vitamin C: 93.55mg (113.39%), Manganese: 1.7mg (85.12%), Selenium: 47.21µg (67.45%), Vitamin A: 3371.08IU (67.42%), Fiber: 16.05g (64.22%), Calcium: 590.09mg (59.01%), Copper: 1.15mg (57.59%), Phosphorus: 569.09mg (56.91%), Potassium: 1901.72mg (54.33%), Vitamin B6: 1.07mg (53.44%), Vitamin E: 7.87mg (52.46%),

Iron: 7.5mg (41.66%), Magnesium: 163.83mg (40.96%), Folate: 151.72µg (37.93%), Vitamin B3: 7.02mg (35.12%),
Vitamin B2: 0.56mg (32.79%), Vitamin B1: 0.44mg (29.31%), Zinc: 4mg (26.69%), Vitamin B5: 2.06mg (20.62%),
Vitamin B12: 0.72µg (12.04%), Vitamin D: 0.25µg (1.65%)