



Caponata with Fennel, Olives, and Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds eggplant unpeeled cut into 3/4-inch cubes
- ☐ 2 cups fennel bulb fresh coarsely chopped (1 medium)
- ☐ 0.8 cup basil fresh chopped
- ☐ 6 large garlic clove chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 6 tablespoons olive oil
- ☐ 3 cups bell pepper red coarsely chopped

- ☐ 6 tablespoons red wine vinegar
- ☐ 1.3 cups tomato sauce

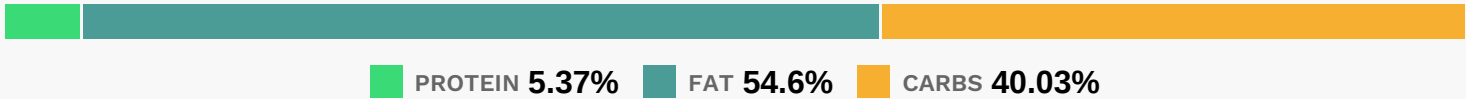
Equipment

- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add eggplant, bell peppers, fennel, and garlic; sauté until eggplant is tender, about 10 minutes.
- ☐ Add olives and raisins, then mix in tomato sauce and vinegar. Cover, reduce heat to medium-low, and simmer 15 minutes, stirring occasionally. Uncover and simmer until caponata is thick and vegetables are tender, stirring occasionally, about 15 minutes longer.
- ☐ Mix in basil. Season caponata to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:8.81, Inflammation Score:-9, Nutrition Score:19.781739151996%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 253.53kcal (12.68%), Fat: 16.45g (25.31%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 19.54g (7.11%), Sugar: 17.34g (19.27%), Cholesterol: 0mg (0%), Sodium: 441.33mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin C: 106.85mg (129.51%), Vitamin A: 2821.28IU (56.43%), Vitamin K: 48.77µg (46.45%), Vitamin E: 4.91mg (32.71%), Fiber: 7.6g (30.39%), Manganese:

0.59mg (29.26%), Potassium: 810.27mg (23.15%), Vitamin B6: 0.46mg (23%), Folate: 74.47µg (18.62%), Copper: 0.26mg (13.09%), Vitamin B3: 2.37mg (11.85%), Magnesium: 46.14mg (11.53%), Vitamin B2: 0.18mg (10.42%), Iron: 1.85mg (10.26%), Phosphorus: 96.68mg (9.67%), Vitamin B5: 0.82mg (8.23%), Vitamin B1: 0.11mg (7.33%), Calcium: 60.81mg (6.08%), Zinc: 0.64mg (4.3%), Selenium: 1.54µg (2.21%)