



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.

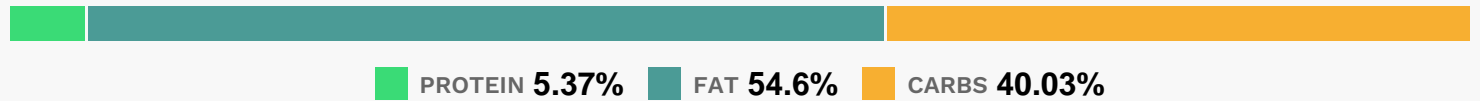
Add eggplant, bell peppers, fennel, and garlic; sauté until eggplant is tender, about 10 minutes.

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%)