



Caponata with Garlic Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons teaspoons basil dried fresh chopped
- ☐ 10 ounces diagonally bread baguette french cut ()
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons capers drained
- ☐ 1 pound eggplant diced
- ☐ 1 garlic clove halved
- ☐ 1 garlic clove minced
- ☐ 0.3 cup golden raisins

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vidalia sweet coarsely chopped
- ☐ 0.5 cup bell pepper diced yellow

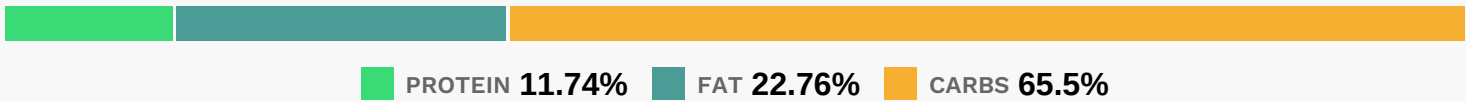
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To prepare caponata, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant, onion, bell peppers, and minced garlic, and saute 5 minutes. Stir in sugar, lemon juice, and salt; cook 1 minute. Stir in raisins, capers, and pine nuts.
- ☐ Place eggplant mixture in a large bowl; stir in basil.
- ☐ Preheat oven to 37
- ☐ To prepare crostini, place bread slices on a baking sheet.
- ☐ Bake at 375 for 7 minutes or until toasted. Rub cut sides of garlic clove over one side of each bread slice. Coat the bread slices with cooking spray, and bake an additional 2 minutes.
- ☐ Serve caponata with crostini.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:11.66, Inflammation Score:-6, Nutrition Score:10.676086902618%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 168.39kcal (8.42%), Fat: 4.43g (6.82%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 24.78g (9.01%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 372.84mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin C: 33.3mg (40.37%), Manganese: 0.74mg (36.8%), Fiber: 3.9g (15.62%), Selenium: 10.71µg (15.3%), Folate: 56.05µg (14.01%), Vitamin B3: 2.68mg (13.42%), Vitamin B1: 0.19mg (12.76%), Iron: 1.78mg (9.88%), Vitamin B6: 0.18mg (9.22%), Potassium: 295.45mg (8.44%), Phosphorus: 83.76mg (8.38%), Copper: 0.17mg (8.36%), Vitamin K: 8.7µg (8.29%), Vitamin B2: 0.14mg (8.27%), Magnesium: 32.76mg (8.19%), Vitamin A: 353.94IU (7.08%), Calcium: 62.3mg (6.23%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.79mg (5.27%), Zinc: 0.64mg (4.28%)