

Caponatina Toasts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



46 kcal

Ingredients

- ☐ 6 oz baby eggplant italian cut into 1/4-inch cubes
- ☐ 18 servings garnish: basil leaves fresh
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon bottled capers rinsed drained (nonpareil)
- ☐ 2 tablespoons celery diced finely
- ☐ 0.1 teaspoon cinnamon
- ☐ 2 tablespoons olives diced green pitted finely (preferably Sicilian)
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion diced finely

- ☐ 1 teaspoon red-wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1.5 cups vegetable oil
- ☐ 2 tablespoons water
- ☐ 2.3 inch ficelle

Equipment

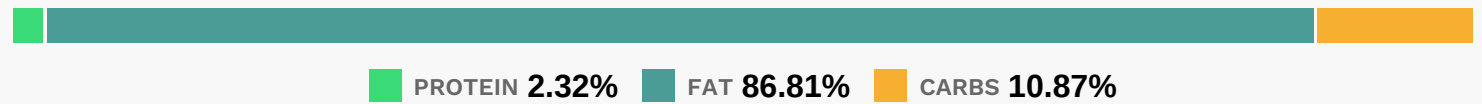
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Toast bread on a baking sheet until crisp and pale golden, 12 to 15 minutes, then transfer to a rack to cool.
- ☐ Heat vegetable oil in a 1- to 1 1/2-quart heavy saucepan over high heat until it registers 375°F on thermometer. Fry eggplant in 4 batches, stirring frequently, until pale golden, about 3 minutes per batch, transferring with a slotted spoon to paper towels to drain. (Return oil to 375°F between batches.)
- ☐ Cook onion in olive oil in a 10-inch heavy skillet over moderate heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add tomato paste and cinnamon and cook, stirring, 1 minute. Stir in water, vinegar, and sugar until combined, then add olives, capers, salt, and pepper and cook, stirring, 1 minute.

- ☐ Add eggplant and celery and cook, stirring gently, 1 minute.
- ☐ Transfer caponatina to a bowl and cool to room temperature.
- ☐ Serve toasts topped with caponatina.
- ☐ • Toasts can be made 1 week ahead and cooled completely, then kept in an airtight container at room temperature. • Caponatina can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:1.639565208036%

Flavonoids

Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 46.11kcal (2.31%), Fat: 4.6g (7.07%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 68.65mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin K: 16.31µg (15.53%), Vitamin E: 0.53mg (3.56%), Manganese: 0.06mg (2.88%), Vitamin A: 129.49IU (2.59%), Fiber: 0.47g (1.86%), Potassium: 43.42mg (1.24%), Folate: 4.76µg (1.19%), Vitamin C: 0.98mg (1.18%), Copper: 0.02mg (1.17%)