



HEALTH SCORE

**62%**

## Cook the Book: Bottega Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**203 kcal**

SIDE DISH

## Ingredients



0.5 cup basil loosely packed chopped (reserve 2 basil stems)



3 tablespoons capers



3 celery stalks cooled boiling drained cut into 1-inch pieces, blanched in water until just tender, in ice water, and



2 large eggplant cut into 1-inch cubes



2 garlic clove crushed



1 bell pepper green cored seeded cut into 1-inch squares



4 servings pepper black freshly ground



0.5 cup olive oil

- ☐ 0.5 cup olives pitted halved
- ☐ 2 bell pepper red cored seeded cut into 1-inch squares
- ☐ 1 chilies dried red
- ☐ 1 large onion red cut into 1-inch dice
- ☐ 2 tablespoons red wine vinegar to taste
- ☐ 1 tablespoons sugar to taste
- ☐ 4 thyme leaves
- ☐ 2 cups tomatoes canned crushed seeded
- ☐ 1 bell pepper yellow cored seeded cut into 1-inch squares

## Equipment

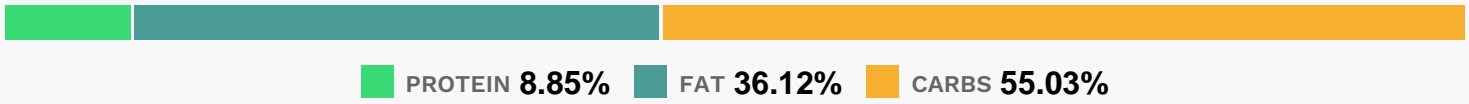
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Heat a large cast-iron skillet over high heat for about 3 minutes.
- ☐ Add 1 tablespoon of the olive oil to coat the bottom of the pan. Working in batches, add the eggplant in a single layer and cook, undisturbed, until deep brown on the first side. Turn and cook, turning occasionally, until well browned on all sides and tender.
- ☐ Transfer the eggplant to a paper towel-lined plate to cool.
- ☐ Add more oil to the pan as needed as you cook the remaining batches.
- ☐ Heat 1 tablespoon of the olive oil in a large saute pan over medium heat. Toss in 1 garlic clove, the dried chile, 1 thyme sprig, and a basil stem.
- ☐ Add the onion, and cook for 5 minutes. Season with a pinch of salt and a few grinds of pepper, and add 1 tablespoon of the vinegar. Cook for another 5 minutes, or until the onion is translucent and tender but has not taken on any color.
- ☐ Transfer the onion to a large bowl; set aside.
- ☐ Wipe out the pan, add 1 more tablespoon olive oil, and heat over medium-high heat.

- ☐ Add the remaining garlic clove, 1 thyme sprig, and a basil stem, then add the bell peppers and cook for 5 minutes.
- ☐ Add a pinch of salt, pepper, and the remaining tablespoon of vinegar and cook for 6 to 7 minutes, or until the peppers are tender; be careful not to let them brown.
- ☐ Transfer to the bowl with the onions.
- ☐ Add the eggplant, tomatoes, celery, capers, and the olives to the onions and peppers, mix well, and taste. Adjust the seasonings by adding sugar, vinegar, salt and pepper as necessary. The caponata should have a subtle sweet-and-sour flavor.
- ☐ Sprinkle with the chopped basil, remaining thyme leaves, and a few tablespoons of olive oil and stir to incorporate.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:104.02, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:22.641739306243%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg, Kaempferol: 8.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 17.6mg, Quercetin: 17.6mg, Quercetin: 17.6mg, Quercetin: 17.6mg

## Nutrients (% of daily need)

Calories: 202.68kcal (10.13%), Fat: 8.98g (13.82%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 19.46g (7.08%), Sugar: 17.65g (19.61%), Cholesterol: 0mg (0%), Sodium: 446.4mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Vitamin C: 174.99mg (212.1%), Vitamin A: 3033.95IU (60.68%), Fiber: 11.33g (45.33%), Manganese: 0.89mg (44.56%), Vitamin K: 37.74µg (35.95%), Vitamin B6: 0.61mg (30.58%), Potassium: 1026.75mg (29.34%), Folate: 110.44µg (27.61%), Vitamin E: 3.66mg (24.38%), Copper: 0.37mg (18.48%), Magnesium: 65.33mg (16.33%), Vitamin B3: 3.11mg (15.54%), Vitamin B1: 0.2mg (13.13%), Phosphorus: 117.36mg (11.74%), Vitamin B2: 0.19mg (11.46%), Vitamin B5: 1.05mg (10.46%), Iron: 1.85mg (10.26%), Calcium: 70.28mg (7.03%), Zinc: 0.87mg (5.82%), Selenium: 1.46µg (2.08%)