



Cook the Book: Sweet and Sour Eggplant and Onion Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 50 olive oil extra virgin for deep frying extra-virgin
- ☐ 2 cinnamon sticks
- ☐ 1 clove garlic smashed
- ☐ 1.5 tablespoons granulated sugar
- ☐ 4 servings kosher salt black
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 15 small onion whole

- ☐ 1 teaspoon oregano dry
- ☐ 0.3 cup red wine vinegar
- ☐ 3 large thyme leaves
- ☐ 1.5 tablespoons tomato paste
- ☐ 0.8 cup tomato sauce homemade store bought
- ☐ 2.3 cups water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ deep fryer

Directions

- ☐ If the onions are large, cut them in half. Warm a large skillet over medium-high heat and add the oil.
- ☐ Add the cipolline and garlic, and pan-roast until slightly golden, shaking the pan. Deglaze the pan with vinegar, then add the water, tomato sauce, tomato paste, cinnamon sticks, thyme, oregano, and sugar. Season generously with salt and pepper. Bring up to the boil and then reduce the heat. Partially cover the pan and braise gently until the onions are just fork-tender, up to 20 minutes. The juice will be quite thick. Reserve.
- ☐ Prepare a pot of blended oil or deep fryer for deep-frying; heat the oil to 350°F to 375°F. Salt and pepper the eggplant, and deep-fry until nicely browned.
- ☐ Drain on paper towels to get rid of the excess oil; season again with salt.
- ☐ Fold the fried eggplant into the onion mixture and taste for sugar and vinegar.
- ☐ Remove the remains of the thyme and cinnamon sticks, if you like.
- ☐ If you prefer not to deep-fry the eggplant, you can saute it in thick, round slices in olive oil until golden brown, then drain and quarter them into wedges.

Nutrition Facts



 **PROTEIN 6.38%**  **FAT 36.77%**  **CARBS 56.85%**

Properties

Glycemic Index:68.02, Glycemic Load:9.88, Inflammation Score:-9, Nutrition Score:11.619999968487%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 13.15mg, Isorhamnetin: 13.15mg, Isorhamnetin: 13.15mg, Isorhamnetin: 13.15mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 53.3mg, Quercetin: 53.3mg, Quercetin: 53.3mg, Quercetin: 53.3mg

Nutrients (% of daily need)

Calories: 232.61kcal (11.63%), Fat: 10g (15.39%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 28.14g (10.23%), Sugar: 18.05g (20.06%), Cholesterol: 0mg (0%), Sodium: 478.01mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Manganese: 0.77mg (38.47%), Vitamin C: 25.54mg (30.96%), Fiber: 6.66g (26.64%), Vitamin B6: 0.39mg (19.64%), Potassium: 607.99mg (17.37%), Vitamin E: 2.47mg (16.48%), Folate: 56.38µg (14.09%), Vitamin K: 12.41µg (11.82%), Copper: 0.22mg (10.79%), Calcium: 104.03mg (10.4%), Magnesium: 41.38mg (10.35%), Phosphorus: 98.51mg (9.85%), Iron: 1.77mg (9.83%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.12mg (6.97%), Vitamin A: 345.03IU (6.9%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.67mg (4.48%), Selenium: 2.12µg (3.02%)