



Dinner Tonight: Eggplant Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



396 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons capers
- ☐ 1 large eggplant chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup parsley chopped
- ☐ 0.5 cup onion red chopped
- ☐ 2 teaspoons red wine vinegar

- ☐ 2 servings salt and pepper
- ☐ 1 cup tomatoes diced seeded

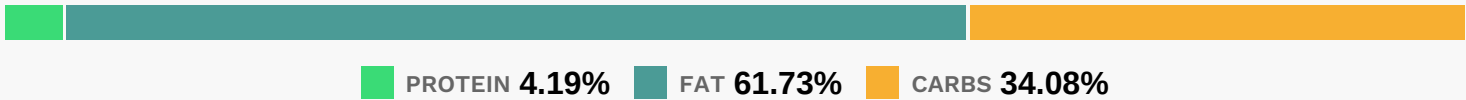
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Place the raisins in a bowl and cover with hot water. Set aside.
- ☐ Pour 1/4 cup of the canola oil into a large non-stick skillet set over medium-high heat. When hot, add the eggplant cubes. Arrange in a single layer and cook for 10 minutes, turning occasionally, until browned on all sides.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Pour the remaining tablespoon of oil into the skillet and turn the heat to medium. Toss in the red onion, and cook until soft, stirring often, about 3 minutes.
- ☐ Add the garlic, and cook for 45 seconds. Then add the tomatoes and cook for 2 minutes, stirring occasionally.
- ☐ Return the eggplant to the skillet.
- ☐ Add the vinegar, raisins, and capers. Turn off the heat. Season with salt and pepper to taste. Finally, stir in the parsley.
- ☐ Let it cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:106.83, Glycemic Load:11.56, Inflammation Score:-9, Nutrition Score:20.039565283319%

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: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 396.16kcal (19.81%), Fat: 28.79g (44.29%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 26.16g (9.51%), Sugar: 22.58g (25.08%), Cholesterol: 0mg (0%), Sodium: 267.51mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin K: 199.18µg (189.69%), Vitamin E: 6.11mg (40.75%), Vitamin C: 32.66mg (39.59%), Manganese: 0.77mg (38.45%), Fiber: 9.59g (38.38%), Vitamin A: 1519.35IU (30.39%), Potassium: 958.79mg (27.39%), Folate: 85.4µg (21.35%), Vitamin B6: 0.39mg (19.33%), Copper: 0.34mg (16.92%), Magnesium: 56.84mg (14.21%), Vitamin B3: 2.34mg (11.68%), Phosphorus: 113.98mg (11.4%), Iron: 1.84mg (10.22%), Vitamin B1: 0.15mg (9.91%), Vitamin B2: 0.16mg (9.33%), Vitamin B5: 0.83mg (8.34%), Calcium: 64.6mg (6.46%), Zinc: 0.75mg (5.01%), Selenium: 1.26µg (1.8%)