



Easy caponata



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 large onion finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 1 bell pepper red peeled chopped
- ☐ 1 bell pepper yellow peeled chopped
- ☐ 5 garlic cloves – 4 and 1 halved sliced
- ☐ 5 tbsp olive oil
- ☐ 100 g deli counter drained roughly chopped in oil
- ☐ 400 g canned tomatoes chopped canned

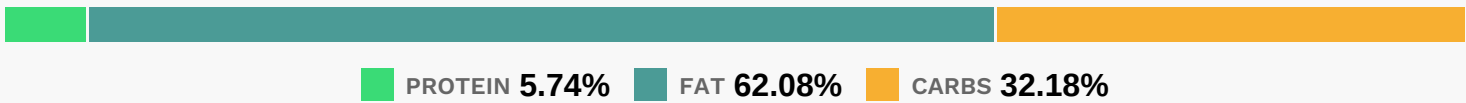
- ☐ 1 tbsp capers
- ☐ 1 handful olives green chopped
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp caster sugar
- ☐ 1 large baguette toasted sliced

Equipment

Directions

- ☐ Gently cook the onion, celery, peppers and garlic in the oil for 15–20 mins until soft. Tip in the rest of the ingredients, then simmer for 5 mins to heat through. Can be made up to a day ahead. Eat hot or at room temperature, on toasted bread rubbed with the cut garlic clove and drizzled or brushed with oil.
- ☐ Serve with breadsticks, cured Italian meats and olives.

Nutrition Facts



Properties

Glycemic Index:55.14, Glycemic Load:4.65, Inflammation Score:-7, Nutrition Score:11.39565205574%

Flavonoids

Delphinidin: 14.28mg, Delphinidin: 14.28mg, Delphinidin: 14.28mg, Delphinidin: 14.28mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 174.34kcal (8.72%), Fat: 12.69g (19.52%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 11.68g (4.25%), Sugar: 6.41g (7.13%), Cholesterol: 0mg (0%), Sodium: 215.04mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin C: 71.03mg (86.09%), Vitamin E: 3.04mg (20.28%), Vitamin A: 829.6IU (16.59%), Manganese: 0.31mg (15.35%), Vitamin B6: 0.27mg (13.68%), Vitamin K: 13.19µg (12.57%), Fiber: 3.12g (12.49%), Potassium: 376.66mg (10.76%), Copper: 0.19mg (9.67%), Folate: 37.7µg (9.42%), Iron: 0.1mg (0.5%)

1.47mg (8.16%), Vitamin B1: 0.12mg (7.97%), Vitamin B3: 1.59mg (7.94%), Magnesium: 25.94mg (6.48%), Vitamin B2: 0.09mg (5.37%), Phosphorus: 51.87mg (5.19%), Calcium: 46.37mg (4.64%), Vitamin B5: 0.4mg (3.97%), Selenium: 1.93µg (2.75%), Zinc: 0.41mg (2.73%)