



Eggplant and Fig Caponata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



51 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 0.3 teaspoon pepper red crushed
- 1 pound eggplant
- 0.5 cup calimyrna figs dried whole finely chopped (5 figs)
- 3 garlic cloves minced
- 0.5 teaspoon kosher salt
- 4 teaspoons juice of lemon fresh divided
- 1 tablespoon parsley chopped

- 0.3 cup pinenuts toasted
- 2 tablespoons shallots chopped
- 0.5 cup water
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 450
- Split eggplant in half lengthwise.
- Place eggplant, cut sides down, on a baking sheet coated with cooking spray.
- Bake at 450 for 20 minutes or until eggplant is tender and cut sides are browned.
- Remove from oven; cool completely. Using a fork, carefully remove flesh of eggplant from skin. Discard skin; finely chop flesh, and place in a bowl.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add shallots and garlic to pan; saut 2 minutes or until tender. Stir in figs, 1/2 cup water, vinegar, 1 tablespoon juice, sugar, salt, and pepper. Simmer 5 minutes or until liquid almost evaporates.
- Remove from heat. Stir in remaining 1 teaspoon juice, pine nuts, and parsley.
- Wine Note: Oak-aged Chardonnay is tricky to pair with food, but the Eggplant and Fig Caponata is perfect with the wine's rich flavors. The toasted nuts and figs in the dish are echoed in many barrel-aged Chardonnays, like the toasty, spicy Voyager Estate Chardonnay 2004 (\$28) from West Australia. This cool-climate wine also offers plenty of citrus and melon, along with bright acidity. –Jeffery Lindenmuth

Nutrition Facts



■ PROTEIN 8.06% ■ FAT 39.26% ■ CARBS 52.68%

Properties

Glycemic Index:18.3, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:3.8782608405403%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 51.44kcal (2.57%), Fat: 2.45g (3.76%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 5.44g (1.98%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 119.99mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 0.44mg (22.13%), Vitamin K: 10.61µg (10.1%), Fiber: 1.95g (7.79%), Copper: 0.1mg (4.91%), Potassium: 169.8mg (4.85%), Magnesium: 18.22mg (4.56%), Vitamin B6: 0.08mg (3.78%), Vitamin C: 3.02mg (3.67%), Phosphorus: 35.36mg (3.54%), Folate: 13.58µg (3.39%), Vitamin E: 0.49mg (3.27%), Vitamin B1: 0.04mg (2.73%), Vitamin B3: 0.51mg (2.57%), Iron: 0.43mg (2.4%), Zinc: 0.34mg (2.24%), Vitamin B2: 0.03mg (1.94%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 77.01IU (1.54%), Calcium: 13.57mg (1.36%)