



Eggplant Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons capers
- ☐ 1 pound eggplant diced peeled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 teaspoons olive oil divided
- ☐ 1 cup onion chopped

- ☐ 1 cup plum tomatoes diced seeded
- ☐ 0.3 cup red wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar

Equipment

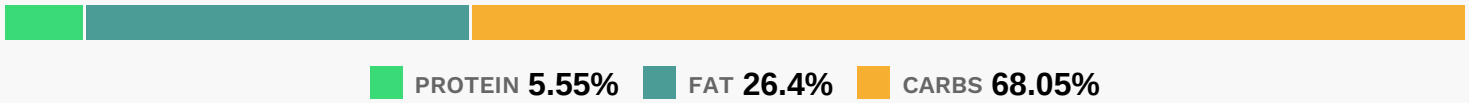
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ colander

Directions

- ☐ Place raisins in a small bowl; cover with hot water.
- ☐ Let stand 15 minutes; drain. Set aside.
- ☐ Place eggplant in a colander; sprinkle with salt. Toss well.
- ☐ Drain 1 hour. Rinse well; pat dry with paper towels.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggplant; saut 9 minutes or until well browned. Spoon eggplant into a large bowl; set aside.
- ☐ Heat remaining 1 teaspoon oil in pan over medium-high heat.
- ☐ Add onion; saut 3 minutes or until golden.
- ☐ Add garlic; saut 1 minute.
- ☐ Add tomato; saut 2 minutes.
- ☐ Add tomato mixture to eggplant.
- ☐ Return pan to heat.
- ☐ Add sugar and vinegar, stirring until sugar dissolves. Stir in raisins, olives, and capers.
- ☐ Add eggplant mixture, stirring to combine.
- ☐ Remove from heat; stir in parsley.
- ☐ Serve warm or at room temperature.

Note: Caponata will keep in the refrigerator for up to 5 days; bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:23.65, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:4.2917391100655%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 61.73kcal (3.09%), Fat: 1.93g (2.97%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 9.31g (3.38%), Sugar: 8.4g (9.33%), Cholesterol: 0mg (0%), Sodium: 347.91mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 31.31µg (29.81%), Vitamin C: 7.03mg (8.52%), Manganese: 0.15mg (7.56%), Fiber: 1.89g (7.55%), Vitamin A: 325.15IU (6.5%), Potassium: 189.94mg (5.43%), Folate: 16.61µg (4.15%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.54mg (3.61%), Copper: 0.07mg (3.4%), Magnesium: 11.44mg (2.86%), Phosphorus: 23.42mg (2.34%), Vitamin B3: 0.45mg (2.23%), Iron: 0.39mg (2.15%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.15mg (1.55%), Calcium: 15.38mg (1.54%), Zinc: 0.15mg (1.03%)