



## Fig and Fennel Caponata



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

### Ingredients

- ☐ 8 servings grilled bread for serving
- ☐ 2 tablespoons capers drained
- ☐ 2 cups fennel bulb 1 large
- ☐ 8 calimyrna figs dried
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 0.5 cup olives green such as cerignola pitted coarsely chopped
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 2.5 tablespoons brown sugar light packed
- ☐ 3 tablespoons olive oil good
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 cups onion red
- ☐ 0.3 cup sherry vinegar good
- ☐ 1 cup tomatoes in purée such as redpack canned crushed

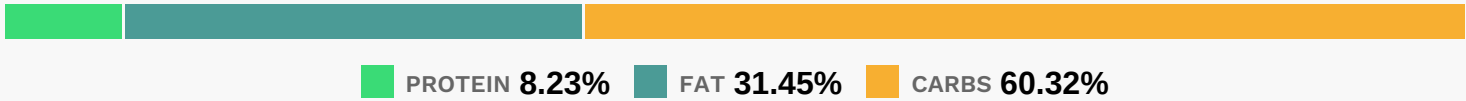
## Equipment

- ☐ frying pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil over medium heat in a 10-inch saute pan.
- ☐ Add the onions and fennel and saute for 7 to 8 minutes, stirring occasionally, until softened.
- ☐ Add the garlic and cook for one more minute. Stir in the vinegar, tomatoes, figs, and brown sugar, stirring to coat everything with the tomatoes. Stir in the capers, olives, orange zest, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper. Bring to a boil, then lower the heat and simmer for 8 to 10 minutes, until thickened. Stir in the orange juice and parsley. Taste for seasonings; the caponata should be very highly seasoned.
- ☐ Serve the caponata warm or at room temperature with slices of grilled bread.

## Nutrition Facts



## Properties

Glycemic Index:46.96, Glycemic Load:14.45, Inflammation Score:-6, Nutrition Score:11.780000116514%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.23mg,

Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

Nutrients (% of daily need)

Calories: 224.75kcal (11.24%), Fat: 8.18g (12.58%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 30.47g (11.08%), Sugar: 17.8g (19.77%), Cholesterol: 0mg (0%), Sodium: 375.5mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin K: 47.67µg (45.4%), Manganese: 0.58mg (28.87%), Vitamin C: 16.66mg (20.19%), Fiber: 4.82g (19.27%), Vitamin B1: 0.2mg (13.27%), Selenium: 8.97µg (12.82%), Potassium: 426.57mg (12.19%), Folate: 48.56µg (12.14%), Vitamin B3: 2.42mg (12.09%), Iron: 2.13mg (11.82%), Vitamin E: 1.73mg (11.54%), Vitamin B6: 0.2mg (10.2%), Calcium: 95.38mg (9.54%), Copper: 0.19mg (9.5%), Magnesium: 37.45mg (9.36%), Vitamin B2: 0.14mg (8%), Phosphorus: 78.42mg (7.84%), Vitamin A: 350.99IU (7.02%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.59mg (3.95%)