



Italian Vegetable Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon capers coarsely chopped
- ☐ 0.5 cup celery chopped (1 stalk)
- ☐ 1.5 pounds eggplant cubed
- ☐ 1 large fennel bulb with stalks (1 pound)
- ☐ 4 garlic cloves minced

- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 1 tablespoon brown sugar light
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped ()
- ☐ 0.8 teaspoon salt
- ☐ 1 cup zucchini cubed (1 small)

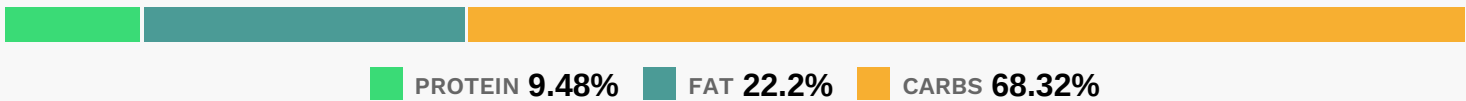
Equipment

- ☐ dutch oven

Directions

- ☐ Remove and discard fennel stalks. Trim tough outer leaves from fennel bulb.
- ☐ Cut bulb in half through base.
- ☐ Cut out small pyramid-shaped core from each half; discard.
- ☐ Place cored fennel cut sides down; slice crosswise into 4 thick slices.
- ☐ Cut slices into cubes. Set aside.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add fennel, eggplant, and next 4 ingredients; saut 10 minutes.
- ☐ Add tomatoes and next 6 ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes, stirring occasionally. Uncover and cook 13 minutes or until most of liquid evaporates.
- ☐ Remove from heat; stir in balsamic vinegar.
- ☐ Caponata (kap-oh-NAH-tah) is an eggplant-based dish that can be served alongside chicken, pork, or fish, or as an antipasto or condiment. Though most often served at room temperature, it's also good served warm or chilled.

Nutrition Facts



Properties

Glycemic Index:35.57, Glycemic Load:4.42, Inflammation Score:-4, Nutrition Score:7.4308695948642%

Flavonoids

Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 83.23kcal (4.16%), Fat: 2.29g (3.52%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 11.61g (4.22%), Sugar: 10.14g (11.27%), Cholesterol: 0mg (0%), Sodium: 307.27mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 22.51µg (21.44%), Manganese: 0.36mg (18%), Fiber: 4.24g (16.95%), Vitamin C: 11.59mg (14.05%), Potassium: 476.77mg (13.62%), Vitamin B6: 0.2mg (9.78%), Copper: 0.19mg (9.25%), Folate: 33.29µg (8.32%), Vitamin E: 1.22mg (8.15%), Magnesium: 28.13mg (7.03%), Vitamin B3: 1.25mg (6.25%), Iron: 1.1mg (6.09%), Phosphorus: 57.41mg (5.74%), Vitamin B1: 0.07mg (4.91%), Vitamin B2: 0.08mg (4.82%), Calcium: 45.75mg (4.57%), Vitamin B5: 0.42mg (4.24%), Vitamin A: 196.94IU (3.94%), Zinc: 0.36mg (2.4%), Selenium: 0.95µg (1.36%)