



HEALTH SCORE

58%

Katel's Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.3 cup capers drained
- ☐ 1.5 cups celery sliced (1/)
- ☐ 6 cups eggplant cut into 1-inch cubes)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic clove minced ()
- ☐ 6 garlic clove

- ☐ 1 teaspoon pepper fresh black
- ☐ 0.8 cup kalamata olives green black sliced ()
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 2 large onion chopped ()
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 cup raisins
- ☐ 2 bell pepper green red cut into 1-inch chunks)
- ☐ 1 tablespoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons tomato paste
- ☐ 2.5 lbs tomatoes diced seeded (and)
- ☐ 0.5 cup vinegar 5%
- ☐ 2 cups zucchini diced

Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

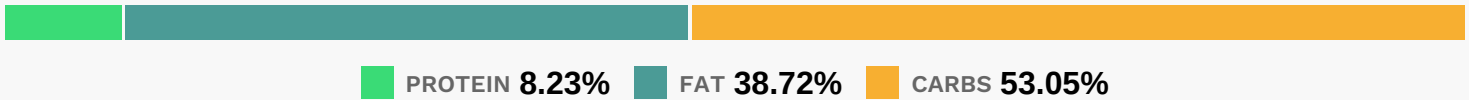
Directions

- ☐ Heat olive oil in a 5- or 6-quart enameled cast iron casserole or Dutch oven.
- ☐ Add eggplant, zucchini, and onions and saute for 5 minutes until lightly golden.
- ☐ Add the remaining ingredients to pot; stir gently but thoroughly and simmer, covered, for 30 minutes, stirring occasionally.
- ☐ Remove lid and simmer for about 10 minutes more or until thick (this will depend on the juiciness of the tomatoes). If needed add paste to thicken.Spoon relish into hot sterilized jars

leavin 1/2 inch headspace.

- ☐ Remove air bubbles.Wipe rims and cap.
- ☐ Place jars on rack completely covering the jars with 1–2 inches of water, heating the water to a rolling boiling (212 degrees f).Process in a boiling water bath for 15 minutes for half-pint (250 mL) jars and 20 minutes for pint (500 mL) jars. Adjust times for altitude.
- ☐ Remove and leave in draft free place 24 hour.check for sealing and lable.If a jar is not sealed, refrigerate and reprocess within 24 hours or refrigerate and consume within three days.Store out of light in a cool dry place.
- ☐ Serve at room temperature in a bowl surrounded by sliced French or Italian bread or cucumber rounds, or as a salad on romaine leaves.

Nutrition Facts



Properties

Glycemic Index:169.22, Glycemic Load:23.88, Inflammation Score:-10, Nutrition Score:38.292608903802%

Flavonoids

Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg Luteolin: 3.47mg, Luteolin: 3.47mg, Luteolin: 3.47mg, Luteolin: 3.47mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 15.36mg, Kaempferol: 15.36mg, Kaempferol: 15.36mg, Kaempferol: 15.36mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 37.93mg, Quercetin: 37.93mg, Quercetin: 37.93mg, Quercetin: 37.93mg

Nutrients (% of daily need)

Calories: 481.22kcal (24.06%), Fat: 22.59g (34.75%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 69.64g (23.21%), Net Carbohydrates: 54.33g (19.76%), Sugar: 33.69g (37.43%), Cholesterol: 0mg (0%), Sodium: 2574.42mg (111.93%), Alcohol: 0g (100%), Protein: 10.8g (21.6%), Vitamin K: 206.46µg (196.63%), Vitamin C: 135.23mg (163.91%), Manganese: 2.88mg (144.05%), Vitamin A: 3966.27IU (79.33%), Fiber: 15.3g (61.21%), Potassium: 1916.11mg (54.75%), Vitamin B6: 0.89mg (44.72%), Vitamin E: 6.44mg (42.93%), Copper: 0.83mg (41.74%), Folate: 151.71µg (37.93%), Magnesium: 149.55mg (37.39%), Phosphorus: 307.88mg (30.79%), Iron: 4.99mg (27.73%), Vitamin B1: 0.38mg (25.6%), Vitamin B3: 4.85mg (24.25%), Vitamin B2: 0.35mg (20.58%), Calcium: 174.51mg (17.45%), Zinc: 2.61mg (17.39%), Vitamin B5: 1.2mg (11.96%), Selenium: 3.49µg (4.98%)