



Northern Italian Caponata with Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- 3 tablespoons basil chiffonade
- 4.5 medium carrots diced peeled
- 0.5 teaspoon chili flakes
- 0.5 cup golden raisins
- 6 servings ground pepper fresh black
- 0.5 cup olive oil extra-virgin
- 1.5 tablespoons orange zest
- 0.5 cup pinenuts toasted

- 6 servings gray salt
- 1.5 tablespoons sugar
- 0.8 cup citrus champagne vinegar

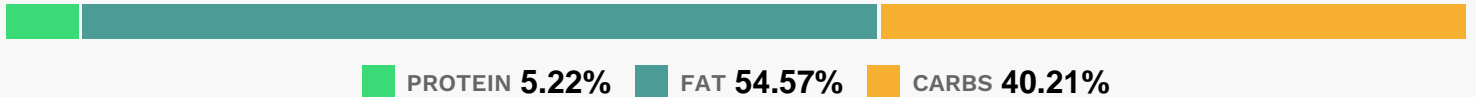
Equipment

- frying pan

Directions

- Heat 2 large nonstick pans over high heat. Divide the olive oil between the 2 pans, when the oil is hot add the vegetables all together and season with gray salt and pepper, to taste, and chili flakes.
- Saute all of the vegetables together for about 10 to 15 minutes.
- Add the pine nuts and orange zest and continue cooking for another 5 minutes or until all of the vegetables are soft and the flavors are well infused.
- Meanwhile in a small saute pan combine the vinegar with the sugar and the raisins, bring to a boil and reduce until slightly syrupy. When the vegetables are cooked and still hot combine with the vinegar syrup and the basil, taste for salt and pepper and serve hot as a side dish.

Nutrition Facts



Properties

Glycemic Index:45.93, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:12.523912990871%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 182.42kcal (9.12%), Fat: 11.51g (17.7%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 16.64g (6.05%), Sugar: 12.73g (14.15%), Cholesterol: 0mg (0%), Sodium: 232.36mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin A: 7755.27IU (155.11%), Manganese: 1.13mg

(56.71%), Vitamin K: 19.18µg (18.27%), Vitamin E: 1.96mg (13.07%), Copper: 0.22mg (11.23%), Magnesium: 40.55mg (10.14%), Phosphorus: 98.52mg (9.85%), Fiber: 2.44g (9.76%), Potassium: 326.2mg (9.32%), Iron: 1.22mg (6.75%), Vitamin C: 5.55mg (6.72%), Vitamin B6: 0.12mg (6.04%), Zinc: 0.9mg (6.03%), Vitamin B3: 1.12mg (5.62%), Vitamin B1: 0.07mg (4.99%), Vitamin B2: 0.08mg (4.68%), Folate: 14.07µg (3.52%), Calcium: 30.46mg (3.05%), Vitamin B5: 0.19mg (1.89%)