



Sicilian Bruschetta

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 1 lb crusty bread such as ciabatta italian cut into 1/3-in.-thick slices
- ☐ 1 large eggplant cut into 1/2-in. dice (4 cups)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup olives green chopped
- ☐ 2 teaspoons kosher salt

- ☐ 6 tbsp olive oil divided
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 cup raisins
- ☐ 1 cup bell pepper red chopped
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 cup ricotta cheese
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup tomato paste

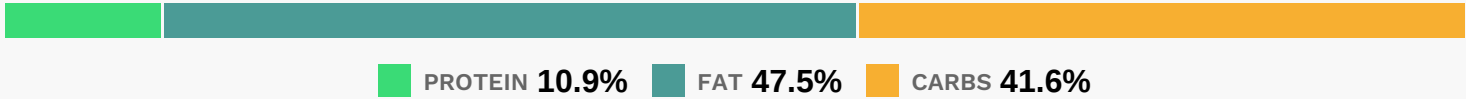
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Lay bread on a baking sheet and drizzle with about 2 tbsp. oil.
- ☐ Bake until toasted and light golden brown, about 5 minutes. Set aside.
- ☐ Heat 2 tbsp. oil in a large nonstick frying pan over medium-high heat. Cook eggplant, stirring often, until softened and starting to brown, about 8 minutes.
- ☐ Transfer to a bowl and set aside.
- ☐ In the same pan, cook garlic in remaining 2 tbsp. oil, stirring, until fragrant, about 1 minute.
- ☐ Add celery, bell pepper, and olives, stirring to combine, and cook until softened, 5 to 8 minutes. Stir in 1/4 cup water, the vinegar, tomato paste, raisins, and pine nuts and cook until heated through. Stir in reserved eggplant, salt, and sugar, then mix in herbs.
- ☐ Serve caponata with ricotta on the toasted bread.
- ☐ Make ahead: Chill caponata up to 2 days and store toasts airtight up to 2 days.

Nutrition Facts



Properties

Glycemic Index:42.7, Glycemic Load:19.34, Inflammation Score:-9, Nutrition Score:15.249565224285%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 299.84kcal (14.99%), Fat: 16.41g (25.24%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 28.24g (10.27%), Sugar: 5.44g (6.05%), Cholesterol: 10.54mg (3.51%), Sodium: 862.65mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Manganese: 0.92mg (46.07%), Vitamin K: 41.74µg (39.75%), Vitamin C: 20.78mg (25.18%), Vitamin B1: 0.33mg (22.2%), Selenium: 14.68µg (20.97%), Vitamin E: 2.83mg (18.86%), Folate: 73.85µg (18.46%), Iron: 2.95mg (16.38%), Fiber: 4.09g (16.35%), Vitamin A: 805.19IU (16.1%), Vitamin B2: 0.27mg (16.03%), Vitamin B3: 2.83mg (14.13%), Phosphorus: 133.53mg (13.35%), Copper: 0.24mg (11.93%), Magnesium: 45.78mg (11.44%), Potassium: 373.36mg (10.67%), Calcium: 102.12mg (10.21%), Vitamin B6: 0.18mg (9.23%), Zinc: 1.21mg (8.07%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.07µg (1.17%)