



Sicilian-Style Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 6 olives black pitted chopped
- ☐ 0.3 cup capers
- ☐ 2 rib celery diced
- ☐ 2 medium eggplants
- ☐ 6 olives green pitted chopped
- ☐ 0.5 cup olive oil
- ☐ 2 small onions diced
- ☐ 5 servings garnish: oregano sprigs fresh

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons tomato sauce
- ☐ 2 tablespoons vinegar white

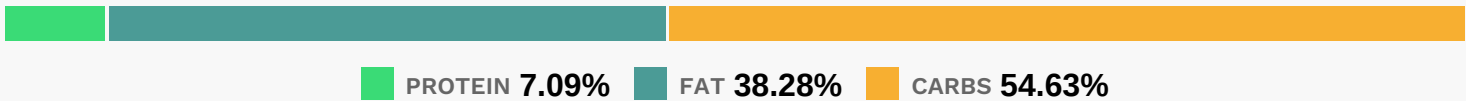
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Peel and dice eggplants. Saut in hot oil in a Dutch oven over medium-high heat 5 minutes; remove eggplant from pan, and set aside.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Add tomato sauce and celery; saut 5 minutes or until celery is tender.
- ☐ Return eggplant to pan; stir in capers and next 6 ingredients. Reduce heat, and simmer, stirring often, 20 minutes.
- ☐ Let cool 1 hour.
- ☐ Garnish, if desired.
- ☐ Serve with rustic bread slices.
- ☐ Note: Caponata may be stored in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:58.22, Glycemic Load:5.71, Inflammation Score:-8, Nutrition Score:8.8726086305535%

Flavonoids

Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg, Delphinidin: 156.98mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Luteolin: 0.09mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 11.68mg, Kaempferol: 11.68mg, Kaempferol: 11.68mg, Kaempferol: 11.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg

Nutrients (% of daily need)

Calories: 136.12kcal (6.81%), Fat: 6.31g (9.71%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 13.09g (4.76%), Sugar: 12.9g (14.34%), Cholesterol: 0mg (0%), Sodium: 672.91mg (29.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Fiber: 7.19g (28.74%), Manganese: 0.56mg (27.89%), Vitamin K: 18.33µg (17.45%), Potassium: 511.28mg (14.61%), Vitamin E: 1.94mg (12.9%), Folate: 51.28µg (12.82%), Copper: 0.22mg (11.2%), Vitamin B6: 0.21mg (10.63%), Magnesium: 36.9mg (9.22%), Vitamin C: 7.14mg (8.66%), Vitamin B3: 1.44mg (7.2%), Iron: 1.18mg (6.55%), Vitamin B1: 0.09mg (6.14%), Vitamin B5: 0.59mg (5.95%), Vitamin B2: 0.1mg (5.93%), Phosphorus: 57.92mg (5.79%), Calcium: 50.32mg (5.03%), Vitamin A: 151.37IU (3.03%), Zinc: 0.42mg (2.83%), Selenium: 1.05µg (1.5%)