



Spicy Red-Pepper and Eggplant Confit



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



3

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 28 oz canned tomatoes whole drained coarsely chopped canned
- ☐ 1.5 lb eggplant peeled cut into 1-inch pieces
- ☐ 4 large garlic cloves smashed
- ☐ 1 cup olive oil extra-virgin
- ☐ 2 lb bell peppers red
- ☐ 0.5 teaspoon red-pepper flakes dried hot
- ☐ 0.8 teaspoon salt

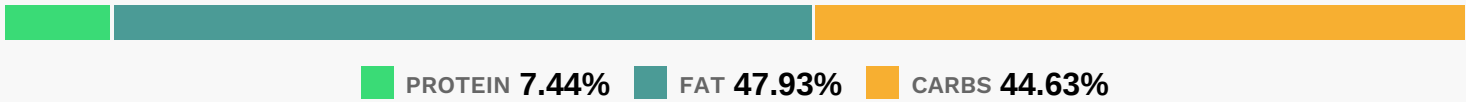
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Cut peppers into 1-inch pieces. Toss together all ingredients in a large roasting pan, then spread evenly. Roast, stirring occasionally, until vegetables are very tender, about 1 hour. Cool before serving.
- ☐ Confit can be made 1 week ahead and chilled, covered. Bring to room temperature and stir before serving.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:6.13, Inflammation Score:-10, Nutrition Score:28.965652071911%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 15.78g (24.28%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 19.71g (7.17%), Sugar: 20.77g (23.08%), Cholesterol: 0mg (0%), Sodium: 604.44mg (26.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin C: 393.31mg (476.73%), Vitamin A: 9619.34IU (192.39%), Vitamin B6: 1.13mg (56.35%), Fiber: 13.35g (53.42%), Vitamin E: 7.66mg (51.08%), Folate: 189.21µg (47.3%), Manganese: 0.94mg (46.94%), Potassium: 1180.22mg (33.72%), Vitamin K: 31.84µg (30.33%), Vitamin B3: 4.5mg (22.5%), Vitamin B2: 0.35mg (20.5%), Magnesium: 69.55mg (17.39%), Vitamin B1: 0.26mg (17.37%), Vitamin B5: 1.62mg (16.23%), Phosphorus: 140.17mg (14.02%), Copper: 0.25mg (12.54%), Iron: 2.03mg (11.3%), Zinc: 1.18mg (7.87%), Calcium: 50.42mg (5.04%), Selenium: 1.62µg (2.31%)