



HEALTH SCORE

67%

## Squash Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

## Ingredients

- ☐ 2 medium butternut squash peeled cut into small cubes ( 1/2-inch)
- ☐ 1 tablespoon capers drained
- ☐ 3 medium size stalks celery cut into thin rounds
- ☐ 2 cloves garlic grated peeled
- ☐ 2 tablespoons golden raisins
- ☐ 1 tablespoon granulated sugar
- ☐ 12 olives green pitted chopped
- ☐ 8 servings kosher salt

- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 medium onion peeled finely chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup san marzano plum tomatoes whole canned drained
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 large zucchini halved lengthwise thinly sliced

## Equipment

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

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium bowl, toss the squash with the sugar and half of the olive oil. Season with salt and stir in the oregano. Arrange the squash in a single layer on a baking sheet and place it in the center of the oven. Cook until the squash is tender but still holds its shape and is somewhat firm, 15 to 20 minutes.
- ☐ In a small bowl, combine the red wine vinegar and the raisins. Set aside.
- ☐ Heat a medium skillet and add a little of the remaining olive oil. When it begins to smoke lightly, add the onions and garlic. Season with salt and cook until they are translucent, 2 to 3 minutes.
- ☐ Transfer to a bowl and stir in the tomatoes, celery, zucchini, capers, and olives. Stir to blend. Refrigerate.
- ☐ When the squash is cooked, remove from the oven and allow it to cool. Stir it into the onion mixture. Stir in the raisins and vinegar. Taste for seasoning. Refrigerate until ready to serve.

## Nutrition Facts



 PROTEIN **7.13%**  FAT **29.49%**  CARBS **63.38%**

Properties

Glycemic Index:34.22, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:20.817391198614%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 187.31kcal (9.37%), Fat: 6.77g (10.42%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 26.71g (9.71%), Sugar: 11.49g (12.77%), Cholesterol: 0mg (0%), Sodium: 344.37mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin A: 20442.38IU (408.85%), Vitamin C: 59.8mg (72.49%), Manganese: 0.65mg (32.39%), Potassium: 1044.02mg (29.83%), Vitamin E: 4.11mg (27.42%), Vitamin B6: 0.5mg (25.08%), Fiber: 6.05g (24.19%), Magnesium: 88.97mg (22.24%), Folate: 84.48µg (21.12%), Vitamin K: 19.84µg (18.9%), Vitamin B1: 0.25mg (16.57%), Vitamin B3: 2.95mg (14.76%), Calcium: 132.41mg (13.24%), Iron: 2.16mg (12.02%), Copper: 0.24mg (11.87%), Phosphorus: 114.42mg (11.44%), Vitamin B5: 1.01mg (10.12%), Vitamin B2: 0.14mg (8.51%), Zinc: 0.68mg (4.52%), Selenium: 1.46µg (2.09%)