



Sweet-and-Sour Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 oz canned tomatoes whole italian finely chopped canned
- ☐ 0.3 cup bottled capers rinsed drained
- ☐ 5 rib celery cut into 1/2-inch pieces
- ☐ 2 tablespoons sea salt (preferably Sicilian)
- ☐ 2 lb eggplant (preferably small but not Asian)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 11 garlic cloves chopped (from 2 heads)
- ☐ 2.3 cups olive oil
- ☐ 6 oz sicilian olives green pitted cut into 1/4-inch pieces
- ☐ 1 large onion chopped
- ☐ 0.3 cup red-wine vinegar
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons tomato paste (preferably from a tube)
- ☐ 1 large bell pepper red yellow cut into 1/2-inch pieces

Equipment

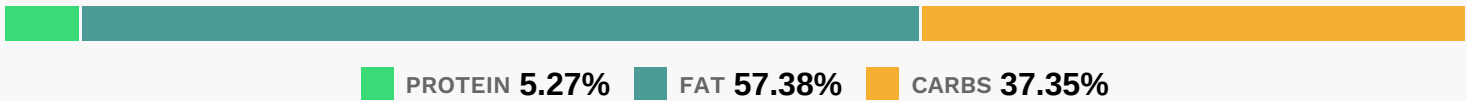
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cut eggplant into 1/2-inch cubes and transfer to a colander. Toss with 2 tablespoons sea salt.
- ☐ Let drain 1 hour.
- ☐ While eggplant drains, heat 2 tablespoons oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté three fourths of garlic, stirring, until golden, about 1 minute.
- ☐ Add tomato paste and cook, stirring, 1 minute.
- ☐ Add tomatoes with their juice, then reduce heat and simmer, uncovered, stirring occasionally, until thickened, 20 to 25 minutes.
- ☐ Bring 3 cups salted water to a boil in a 1- to 1 1/2-quart saucepan, then cook celery until tender, 5 to 7 minutes.

- ☐ Drain in a colander and rinse under cold water to stop cooking.
- ☐ Gently squeeze eggplant to remove excess moisture and pat dry.
- ☐ Heat 1/4 inch oil (about 2 cups) in a 12-inch heavy skillet over moderately high heat until it registers 360°F on thermometer, then fry eggplant in 4 batches, stirring and turning constantly with a slotted spoon, until browned and tender, 3 to 5 minutes per batch. (Return oil to 360°F between batches.)
- ☐ Transfer to paper towels.
- ☐ Pour off all but 2 tablespoons oil from skillet, then reduce heat to moderate and cook onion, bell pepper, and remaining garlic, stirring occasionally, until golden, about 10 minutes.
- ☐ Add tomato sauce, eggplant, celery, olives, capers, vinegar, sugar, pepper, and remaining teaspoon sea salt and simmer, uncovered, stirring occasionally, 15 minutes. Cool to room temperature, uncovered, then chill, covered, at least 8 hours.
- ☐ Just before serving, stir in parsley and basil.
- ☐ Serve cold or at room temperature.
- ☐ •If your sea salt is very granular and pebblelike, crush it using the flat side of a large heavy knife or the bottom of a heavy skillet. •To take the temperature of a shallow amount of oil, put bulb in skillet and turn thermometer facedown, resting other end against rim of skillet. Check temperature frequently. •Caponata can be chilled up to 1 week.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:12.534347705219%

Flavonoids

Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 188.89kcal (9.44%), Fat: 12.8g (19.7%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 13.66g (4.97%), Sugar: 11.47g (12.74%), Cholesterol: 0mg (0%), Sodium: 1816.55mg (78.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Vitamin C: 52.19mg (63.26%), Vitamin K: 44.49µg (42.37%), Manganese: 0.44mg (22.02%), Fiber: 5.09g (20.36%), Vitamin A: 1002.37IU (20.05%), Vitamin E: 2.95mg (19.66%), Potassium: 528.08mg (15.09%), Vitamin B6: 0.25mg (12.3%), Folate: 44.44µg (11.11%), Copper: 0.21mg (10.63%), Magnesium: 32.36mg (8.09%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.09mg (6.1%), Phosphorus: 60.58mg (6.06%), Iron: 1.08mg (5.97%), Vitamin B2: 0.08mg (4.5%), Calcium: 44.58mg (4.46%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.45mg (2.97%), Selenium: 1.29µg (1.84%)