



Sweet & sour aubergines



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 3 medium eggplant cubed
- ☐ 1 onion red chopped
- ☐ 4 tbsp olive oil good
- ☐ 1 tbsp caper
- ☐ 85 g olive green
- ☐ 400 g tomatoes ripe chopped
- ☐ 3 tbsp red wine vinegar
- ☐ 1 tbsp granulated sugar white

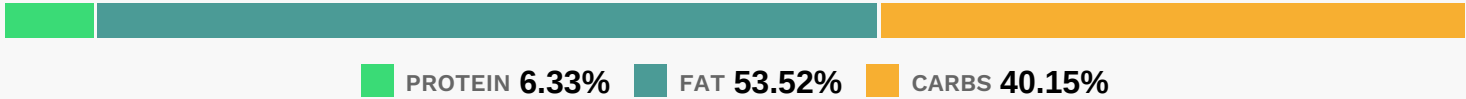
Equipment

☐ oven

Directions

- ☐ Heat oven to 190C/fan 170/gas
- ☐ Toss the aubergines and onion in the oil in an ovenproof dish or roasting tin, and season. Roast for 20 mins until starting to tenderise and brown.
- ☐ Stir in the capers, olives, tomatoes, vinegar and sugar. Cook for a further 20 mins, stirring occasionally, until everything is soft.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:17.188695492952%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

Nutrients (% of daily need)

Calories: 283.62kcal (14.18%), Fat: 18.13g (27.88%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 17.85g (6.49%), Sugar: 19.04g (21.15%), Cholesterol: 0mg (0%), Sodium: 405.21mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Fiber: 12.74g (50.97%), Manganese: 0.95mg (47.67%), Potassium: 1078.11mg (30.8%), Vitamin E: 4.42mg (29.47%), Vitamin C: 23.44mg (28.41%), Vitamin K: 29.29µg (27.89%), Folate: 96.93µg (24.23%), Vitamin B6: 0.41mg (20.43%), Vitamin A: 999.03IU (19.98%), Copper: 0.38mg (19.14%), Magnesium: 65.33mg (16.33%), Vitamin B3: 2.92mg (14.6%), Vitamin B1: 0.19mg (12.56%), Phosphorus: 116.37mg (11.64%), Vitamin B5: 1.09mg (10.94%), Vitamin B2: 0.16mg (9.33%), Iron: 1.39mg (7.71%), Calcium: 59.99mg (6%), Zinc: 0.79mg (5.24%), Selenium: 1.4µg (2%)