



 7%
HEALTH SCORE

Tomato and Eggplant Caponata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 2 tablespoons capers
- 0.5 teaspoon ground pepper
- 2 stalks celery finely sliced
- 1 teaspoon curry powder
- 2 medium eggplant peeled cut into small cubes

- 1 large handful parsley fresh chopped
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 10 servings pepper fresh black to taste
- 2 jalapeno seeded finely chopped
- 0.7 cup kalamata olives pitted chopped
- 2 tablespoons olive oil
- 1 small onion finely chopped
- 0.5 teaspoon sea salt to taste
- 2 teaspoons sea salt
- 3 large tomatoes seeded finely chopped

Equipment

- frying pan
- sauce pan
- sieve
- kitchen towels

Directions

- Place the eggplant cubes in a strainer and sprinkle with the salt.
- Let stand for 1 hour. Rinse and pat dry with a clean tea towel. Set aside.
- Heat 1 tablespoon of the olive oil in a medium heavy-bottomed saucepan over medium heat. When hot, add the onion, celery and garlic and saut for 5 to 10 minutes or until the vegetables are tender. Now add the tomatoes, jalapeos, cumin, curry powder and cayenne and simmer for another few minutes, stirring often. Next add the vinegar, capers, olives and brown sugar if using to the pan Continue to simmer for another 5 to 10 minutes.
- Heat the remaining tablespoon of olive oil in a frying pan over medium heat. When hot, toss in the eggplant cubes and stir for 5 minutes or until lightly browned.
- Add the eggplant to the tomato mixture. Continue to simmer for another 10 minutes and taste for seasoning.

- Remove from heat and let cool to room temperature.
- Garnish with parsley and serve with flatbreads or toasted pitas.

Nutrition Facts

PROTEIN 7.35% **FAT 42.2%** **CARBS 50.45%**

Properties

Glycemic Index:34.5, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:7.2334782608696%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Taste

Sweetness: 55.47%, Saltiness: 100%, Sourness: 40.74%, Bitterness: 39.93%, Savoriness: 39.49%, Fattiness: 65.63%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 90.13kcal (4.51%), Fat: 4.59g (7.07%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 8.12g (2.95%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 779.63mg (33.9%), Protein: 1.8g (3.6%), Vitamin K: 19.63µg (18.7%), Vitamin C: 14.39mg (17.44%), Manganese: 0.34mg (16.94%), Fiber: 4.24g (16.94%), Vitamin A: 660.1IU (13.2%), Potassium: 401.9mg (11.48%), Vitamin E: 1.54mg (10.25%), Folate: 35.04µg (8.76%), Vitamin B6: 0.16mg (8.04%), Copper: 0.14mg (6.95%), Magnesium: 24.8mg (6.2%), Vitamin B3: 1.06mg (5.28%), Vitamin B1: 0.07mg (4.48%), Phosphorus: 43.83mg (4.38%), Iron: 0.77mg (4.26%), Vitamin B5: 0.35mg (3.54%), Vitamin B2: 0.06mg (3.45%), Calcium: 31.92mg (3.19%), Zinc: 0.31mg (2.05%)