

Caponata (Eggplant Spread)

Anne Trapp - Bay City, TX
Southern Living - 1987 Annual Recipes

Yield: 4 cups

1 eggplant, unpeeled and diced
1 medium onion, coarsely chopped
1 medium green pepper, chopped
1/2 cup celery, chopped
2 cloves garlic, minced
1/4 cup olive oil
1 can (8 ounce) tomato sauce
1 can (6 ounce) tomato paste
3/4 cup pitted ripe olives, sliced
1/2 cup salad olives, chopped
2 1/2 tablespoons sugar
2 1/2 tablespoons vinegar
dash hot sauce
1/8 teaspoon dried whole oregano
salt (to taste)
pepper (to taste)

In a large skillet, saute' the eggplant, onion, green pepper, celery and garlic in oil.

Add the tomato sauce, tomato paste, ripe olives, salad olives, sugar and vinegar. Cover.

Reduce the heat and simmer for 30 minutes, stirring frequently.

Stir in the hot sauce, oregano, salt and pepper.

Chill for 24 hours.

Serve with crackers.

Per Serving (excluding unknown items): 1113 Calories; 67g Fat (50.4% calories from fat); 17g Protein; 132g Carbohydrate; 29g Dietary Fiber; 0mg Cholesterol; 3476mg Sodium. Exchanges: 0 Grain(Starch); 17 Vegetable; 0 Fruit; 13 Fat; 2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|--------|
| Calories (kcal): | 1113 | Vitamin B6 (mg): | 1.8mg |
| % Calories from Fat: | 50.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 44.0% | Thiamin B1 (mg): | .7mg |
| % Calories from Protein: | 5.5% | Riboflavin B2 (mg): | .6mg |
| Total Fat (g): | 67g | Folacin (mcg): | 204mcg |
| Saturated Fat (g): | 9g | Niacin (mg): | 11mg |
| Monounsaturated Fat (g): | 48g | Caffeine (mg): | 0mg |

| | |
|--------------------------|--------|
| Polyunsaturated Fat (g): | 6g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 132g |
| Dietary Fiber (g): | 29g |
| Protein (g): | 17g |
| Sodium (mg): | 3476mg |
| Potassium (mg): | 3759mg |
| Calcium (mg): | 275mg |
| Iron (mg): | 11mg |
| Zinc (mg): | 3mg |
| Vitamin C (mg): | 198mg |
| Vitamin A (i.u.): | 7240IU |
| Vitamin A (r.e.): | 721RE |

| | |
|-----------------|-----|
| Alcohol (kcal): | 0 |
| % Refuse: | 00% |

Food Exchanges

| | |
|----------------------|----|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 17 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 13 |
| Other Carbohydrates: | 2 |

Nutrition Facts

Amount Per Serving

| | | |
|----------|------|------------------------|
| Calories | 1113 | Calories from Fat: 561 |
|----------|------|------------------------|

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 67g | 103% |
| Saturated Fat | 9g | 45% |
| Cholesterol | 0mg | 0% |
| Sodium | 3476mg | 145% |
| Total Carbohydrates | 132g | 44% |
| Dietary Fiber | 29g | 115% |
| Protein | 17g | |
| <hr/> | | |
| Vitamin A | | 145% |
| Vitamin C | | 330% |
| Calcium | | 27% |
| Iron | | 58% |

* Percent Daily Values are based on a 2000 calorie diet.