

Eggplant Antipasto

Yield: 6 min
Total Time: 540 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-eggplant-antipasto-recipe>

Ingredients:

- 1 eggplant large, peeled and cubed
- 1 onion chopped
- 2 cloves garlic minced
- 1/3 cup chopped green bell pepper
- 3/4 cup sliced mushrooms
- 1/3 cup olive oil
- 1/4 cup water
- 1/2 cup green olives sliced stuffed
- 1 teaspoon salt
- 6 ounces tomato paste
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons white sugar
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 15 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 800 milligrams
8. Sugar: 7 grams

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