



Braised Pepper Bruschetta

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 basil leaves chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 3 orange bell peppers sweet red yellow cored thinly sliced
- ☐ 0.3 teaspoon sea salt
- ☐ 8 servings basic bruschetta

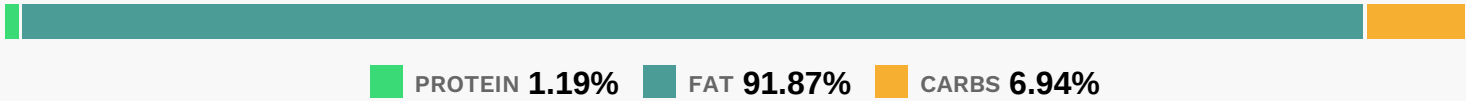
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a large frying pan over medium heat.
- ☐ Add peppers, garlic, and salt. Cook until peppers are very soft and sweet but not brown, about 30 minutes.
- ☐ Remove from heat. Stir in basil and let mixture cool to room temperature. Spoon onto bruschettas and drizzle with extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:7.5626087519138%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 199.68kcal (9.98%), Fat: 20.95g (32.24%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.95g (2.16%), Cholesterol: 0mg (0%), Sodium: 79.95mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 57.31mg (69.47%), Vitamin A: 1418.34IU (28.37%), Vitamin E: 3.7mg (24.64%), Vitamin K: 16.34µg (15.57%), Vitamin B6: 0.14mg (6.76%), Folate: 20.81µg (5.2%), Fiber: 1.02g (4.07%), Manganese: 0.06mg (3.05%), Potassium: 97.07mg (2.77%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.44mg (2.22%), Iron: 0.33mg (1.82%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.14mg (1.45%), Magnesium: 5.71mg (1.43%), Phosphorus: 12.4mg (1.24%)