



## Cook the Book: Piedmontese Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

### Ingredients

- ☐ 4 anchovy
- ☐ 6 bell pepper
- ☐ 2 tablespoons butter
- ☐ 3 cloves garlic
- ☐ 3 tablespoons olive oil
- ☐ 6 servings salt
- ☐ 2 tomatoes

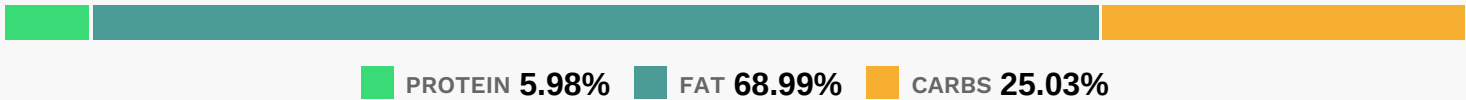
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cut some red, yellow or green peppers in half lengthwise. Take out all the seeds and wash the peppers. If they are large, cut each half in half again. Into each piece put 2 or 3 slices of garlic, 2 small sections of raw tomato, about half a fillet of anchovy cut into pieces, a small nut of butter, a teaspoon of olive oil, a very little salt. Arrange these peppers on a flat baking dish and cook them in a moderate oven at 350°F, for about 30 minutes. They are not to be completely cooked; they should in fact be al dente, the stuffing inside deliciously oily and garlicky.
- ☐ Serve them cold, each garnished with a little parsley.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:14.647826019837%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 139.39kcal (6.97%), Fat: 11.36g (17.48%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 6.25g (2.27%), Sugar: 6.09g (6.77%), Cholesterol: 11.63mg (3.88%), Sodium: 233.77mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin C: 158.4mg (192.01%), Vitamin A: 4185.51IU (83.71%), Vitamin E: 3.23mg (21.56%), Vitamin B6: 0.4mg (20.08%), Folate: 61.31µg (15.33%), Vitamin K: 13.64µg (12.99%), Fiber: 3.02g (12.09%), Potassium: 365.72mg (10.45%), Manganese: 0.21mg (10.37%), Vitamin B3: 1.79mg (8.97%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.08mg (5.61%), Magnesium: 20.36mg (5.09%), Phosphorus: 48.83mg (4.88%), Vitamin B5: 0.44mg (4.45%), Iron: 0.78mg (4.31%), Zinc: 0.44mg (2.9%), Copper: 0.05mg (2.73%), Calcium: 20.38mg (2.04%), Selenium: 1.35µg (1.93%)