



WHATSheATE



Cumin roast peppers & tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

Ingredients



4 pasilla peppers red deseeded cut into large chunks



3 tbsp olive oil



600 g packs cherry tomato on the vine (or use smallish tomatoes and halve them)



1 tsp cumin seed



100 g fat olive green

Equipment



frying pan

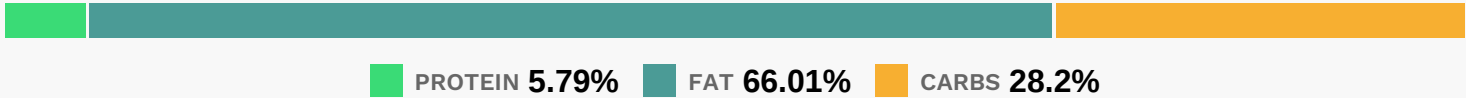


oven

Directions

- ☐
- Put the peppers in a medium roasting tray (or an ovenproof frying pan will do) and splash with 2 tbsp of the oil. Season generously, then roast with the chicken at 200C/fan 180C/gas 6 for about 20 mins, until softened a little. Sit the bunches of tomatoes among the peppers, scatter the cumin over everything, then drizzle with the rest of the oil.
- ☐
- Season again, then roast for about 10 mins until the tomato skins have split. Toss the olives through just before serving. Can be made up to a day ahead and served cold, or reheated in a hot oven for 5 mins.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:13.398695733236%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 125.99kcal (6.3%), Fat: 9.98g (15.35%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 6.64g (2.41%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 274.9mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 124.37mg (150.76%), Vitamin A: 3042.87IU (60.86%), Vitamin E: 3.47mg (23.12%), Vitamin B6: 0.32mg (15.83%), Folate: 50.03µg (12.51%), Fiber: 2.95g (11.81%), Potassium: 398.72mg (11.39%), Vitamin K: 11.15µg (10.62%), Manganese: 0.21mg (10.28%), Iron: 1.37mg (7.63%), Vitamin B3: 1.36mg (6.82%), Vitamin B1: 0.08mg (5.64%), Copper: 0.11mg (5.58%), Magnesium: 21.63mg (5.41%), Vitamin B2: 0.09mg (5.4%), Phosphorus: 51.04mg (5.1%), Vitamin B5: 0.38mg (3.84%), Calcium: 28.55mg (2.85%), Zinc: 0.36mg (2.41%), Selenium: 0.75µg (1.07%)