



Dinner Tonight: Roasted Red Pepper Salad with Bacon Dressing and Pine Nuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons pinenuts
- ☐ 2 bell pepper red
- ☐ 1 pinch pepper red
- ☐ 1 pinch salt

- ☐ 0.5 tablespoon sherry vinegar
- ☐ 2 bell pepper green yellow (or)

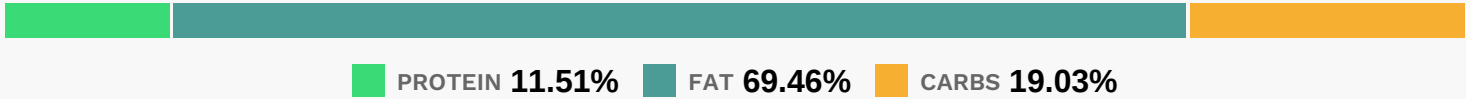
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ broiler
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ Char the peppers on all sides until blackened. This can either be done by setting them on top of stove or underneath the broiler, turning them every other minute or so. When charred, place in a plastic bag, tie it shut, and let the peppers steam for 15 minutes. Peel off the skins of the peppers (it should be very easy to do so), remove the skins, and slice the peppers into 1/3 inch strips.
- ☐ Place in a large bowl.
- ☐ Meanwhile, sauté the bacon in a large skillet until cooked.
- ☐ Remove the pieces of bacon, and drain on a paper towel.
- ☐ Add the minced garlic and red pepper flakes to the skillet and cook for 1 minute.
- ☐ Add the chopped thyme, cook for 10 seconds and then pour in the vinegar. Turn off the heat.
- ☐ Toast the pine nuts by placing them in a skillet over medium heat. Shake the pan every 30 seconds or so, and cook until the pine nuts developed color but not blackened.
- ☐ Pour the dressing over the red peppers. Season with salt, and sprinkle the toasted pine nuts over top.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:22.989130180815%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 6.78mg, Luteolin: 6.78mg, Luteolin: 6.78mg, Luteolin: 6.78mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 309.62kcal (15.48%), Fat: 24.89g (38.3%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 10.27g (3.73%), Sugar: 8.23g (9.15%), Cholesterol: 29.04mg (9.68%), Sodium: 320.65mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.57%), Vitamin C: 250.16mg (303.23%), Vitamin A: 4247.84IU (84.96%), Manganese: 1.21mg (60.42%), Vitamin B6: 0.76mg (38.12%), Vitamin E: 3.46mg (23.09%), Fiber: 5.08g (20.32%), Vitamin B3: 3.98mg (19.9%), Vitamin B1: 0.29mg (19.57%), Vitamin K: 20.11µg (19.15%), Phosphorus: 179.4mg (17.94%), Potassium: 620.71mg (17.73%), Folate: 70.55µg (17.64%), Magnesium: 58.76mg (14.69%), Selenium: 9.26µg (13.22%), Copper: 0.26mg (13.01%), Vitamin B2: 0.2mg (11.74%), Zinc: 1.66mg (11.03%), Iron: 1.88mg (10.42%), Vitamin B5: 0.78mg (7.84%), Vitamin B12: 0.22µg (3.67%), Calcium: 31.2mg (3.12%), Vitamin D: 0.18µg (1.17%)