



Goat Cheese With Marinated Roasted Peppers

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 3 anaheim chile peppers
- ☐ 1 slices bread french
- ☐ 2 garlic cloves pressed
- ☐ 11 ounce log goat cheese
- ☐ 3 tablespoons olive oil
- ☐ 1 bell pepper red
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 bell pepper yellow

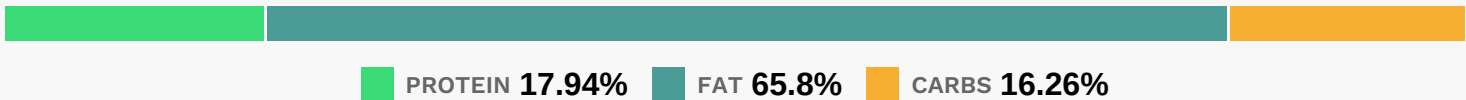
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Grill peppers, without grill lid, over medium-high heat (350 to 400), turning often, 5 to 7 minutes or until peppers look blistered.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Chop peppers.
- ☐ Combine peppers, oil, vinegar, and garlic; cover and chill at least 8 hours.
- ☐ Serve over goat cheese with bread slices.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:3.46, Inflammation Score:-7, Nutrition Score:8.6773911766384%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 186.11kcal (9.31%), Fat: 13.74g (21.14%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.31g (2.3%), Sugar: 2.05g (2.28%), Cholesterol: 17.93mg (5.98%), Sodium: 262.81mg (11.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin C: 49.1mg (59.51%), Vitamin A: 898.22IU (17.96%), Copper: 0.32mg (15.92%), Vitamin B2: 0.2mg (11.73%), Phosphorus: 116.93mg (11.69%), Vitamin B6: 0.18mg (9.18%), Vitamin E: 1.08mg (7.19%), Iron: 1.24mg (6.87%), Vitamin B1: 0.1mg (6.52%), Manganese: 0.13mg (6.42%), Folate: 25.25µg (6.31%), Calcium: 62.93mg (6.29%), Fiber: 1.33g (5.32%), Selenium: 3.55µg (5.06%), Vitamin K: 4.66µg (4.44%), Vitamin B3: 0.84mg (4.18%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.51mg (3.42%), Magnesium: 12.63mg (3.16%), Potassium: 86.21mg (2.46%), Vitamin B12: 0.07µg (1.23%), Vitamin D: 0.16µg (1.04%)