



Goat Cheese with Marinated Roasted Peppers



Vegetarian



Gluten Free

READY IN



510 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 3 anaheim chile peppers
- ☐ 2 cloves garlic pressed
- ☐ 10.5 ounces goat cheese log
- ☐ 3 tablespoons olive oil
- ☐ 1 bell pepper red
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 bell pepper yellow

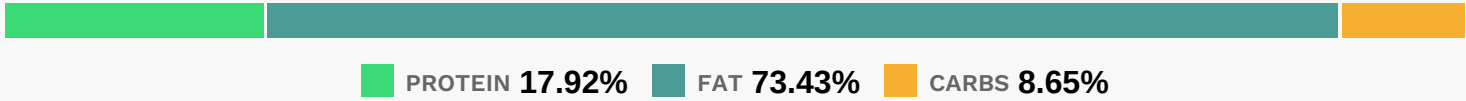
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ tongs

Directions

- ☐ Preheat grill to 375 degrees F (190 degrees C) to 400 degrees F (200 degrees C).
- ☐ Grill Anaheim chile peppers, yellow bell pepper, and red bell pepper on the preheated grill with the lid open, turning peppers often, until blistered and blackened, 5 to 7 minutes.
- ☐ Transfer peppers to a resealable plastic freezer bag using tongs; seal and let steam loosen skins, about 10 minutes. Carefully open bag, peel peppers, remove and discard seeds, and chop peppers.
- ☐ Combine peppers, olive oil, vinegar, and garlic in a bowl until evenly combined; cover with plastic wrap and chill, 8 hours to overnight.
- ☐ Place goat cheese on a serving plate; spoon pepper mixture over goat cheese.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:10.09391289172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 212.89kcal (10.64%), Fat: 17.56g (27.02%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.22g (2.46%), Cholesterol: 22.82mg (7.61%), Sodium: 277.51mg (12.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.29%), Vitamin C: 65.47mg (79.35%), Vitamin A: 1173.23IU (23.46%), Copper: 0.39mg (19.55%), Phosphorus: 138.65mg (13.87%), Vitamin B2: 0.21mg (12.44%), Vitamin B6: 0.23mg (11.37%), Vitamin E: 1.41mg (9.41%), Calcium: 75.06mg (7.51%), Iron: 1.19mg (6.59%), Fiber: 1.54g

(6.16%), Vitamin K: 6.1µg (5.81%), Manganese: 0.11mg (5.64%), Folate: 20.26µg (5.07%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.55mg (3.68%), Vitamin B1: 0.05mg (3.53%), Magnesium: 13.05mg (3.26%), Vitamin B3: 0.59mg (2.96%), Potassium: 101.85mg (2.91%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.2µg (1.32%)