



Greek Marinated Roasted Peppers, Olives and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 large bell pepper red
- 0.3 cup vegetable oil
- 3 tablespoons juice of lemon
- 0.5 cup parsley fresh chopped
- 0.3 cup onion red finely chopped
- 2 tablespoons oregano dried fresh chopped
- 2 cloves garlic finely chopped

- 2 cups kalamata olives pitted
- 8 oz feta cheese cut into 1/2-inch cubes (1 cup)
- 1 slices crusty baguette

Equipment

- bowl
- baking sheet
- oven
- ziploc bags
- slotted spoon

Directions

- Set oven control to broil.
- Place bell peppers on cookie sheet. Broil with tops about 5 inches from heat, turning occasionally, until skin is blistered and evenly browned.
- Place peppers in a plastic bag and close tightly.
- Let stand 20 minutes.
- Meanwhile, in tightly covered container, shake oil, lemon juice, parsley, onion, oregano and garlic.
- Remove skins, stems, seeds and membranes from peppers.
- Cut peppers into 1-inch pieces. In glass bowl or jar, place peppers, olives and cheese.
- Pour marinade over pepper mixture. To serve, use slotted spoon.
- Serve with baguette slices.

Nutrition Facts

 PROTEIN 10.08%  FAT 68.98%  CARBS 20.94%

Properties

Glycemic Index:7.02, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:6.0391303948734%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 57.58kcal (2.88%), Fat: 4.65g (7.15%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.28g (1.42%), Cholesterol: 6.31mg (2.1%), Sodium: 220.33mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 34.75mg (42.12%), Vitamin K: 21.99µg (20.94%), Vitamin A: 949.8IU (19%), Vitamin E: 0.95mg (6.32%), Vitamin B6: 0.12mg (5.84%), Vitamin B2: 0.09mg (5.22%), Calcium: 49.17mg (4.92%), Folate: 18.07µg (4.52%), Fiber: 1.03g (4.12%), Phosphorus: 33.6mg (3.36%), Manganese: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.33%), Iron: 0.41mg (2.29%), Potassium: 76.4mg (2.18%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.12µg (2%), Selenium: 1.39µg (1.98%), Magnesium: 7.18mg (1.79%), Vitamin B5: 0.17mg (1.67%), Copper: 0.02mg (1.13%)