



Greek Marinated Roasted Peppers, Olives and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slices crusty baguette
- 8 oz feta cheese cut into 1/2-inch cubes (1 cup)
- 0.5 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 2 cups kalamata olives pitted
- 3 tablespoons juice of lemon
- 5 large bell pepper red

- 0.3 cup onion red finely chopped
- 0.3 cup vegetable oil

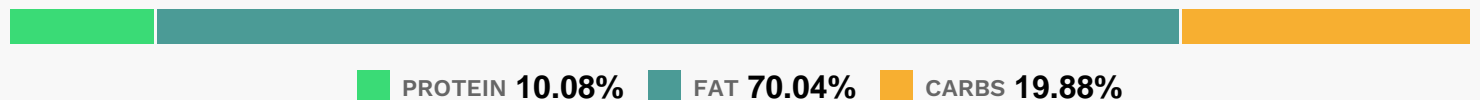
Equipment

- 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



Properties

Glycemic Index:6.87, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:5.7808695487354%

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: 56.75kcal (2.84%), Fat: 4.64g (7.13%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.27g (1.41%), Cholesterol: 6.31mg (2.1%), Sodium: 220.25mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 34.74mg (42.11%), Vitamin K: 20.05µg (19.09%), Vitamin A: 944.49IU (18.89%), Vitamin E: 0.89mg (5.94%), Vitamin B6: 0.11mg (5.68%), Vitamin B2: 0.09mg (5.12%), Calcium: 44.18mg (4.42%), Folate: 17.33µg (4.33%), Fiber: 0.9g (3.59%), Phosphorus: 33.14mg (3.31%), Vitamin B1: 0.03mg (2.3%), Manganese: 0.04mg (2.09%), Potassium: 72.47mg (2.07%), Vitamin B3: 0.4mg (2.01%), Vitamin B12: 0.12µg (2%), Selenium: 1.37µg (1.96%), Zinc: 0.29mg (1.96%), Iron: 0.3mg (1.65%), Vitamin B5: 0.16mg (1.64%), Magnesium: 6.33mg (1.58%), Copper: 0.02mg (1.03%)