



Greek Marinated Roasted Peppers, Olives and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 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

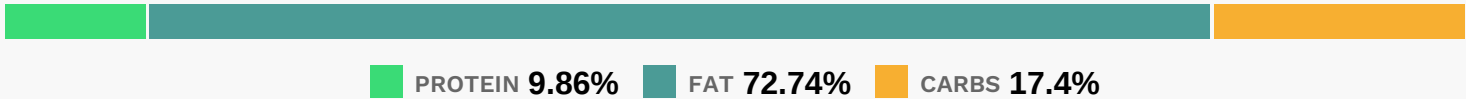
Equipment

- ☐ 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:4.63, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:5.6782608420953%

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, 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: 54.16kcal (2.71%), Fat: 4.61g (7.09%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.22g (1.36%), Cholesterol: 6.31mg (2.1%), Sodium: 214.07mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 34.74mg (42.11%), Vitamin K: 20.02µg (19.06%), Vitamin A: 944.49IU (18.89%), Vitamin E: 0.89mg (5.92%), Vitamin B6: 0.11mg (5.63%), Vitamin B2: 0.08mg (4.93%), Calcium: 43.13mg (4.31%), Folate: 16.26µg (4.06%), Fiber: 0.88g (3.51%), Phosphorus: 32.19mg (3.22%), Potassium: 71.23mg (2.04%), Vitamin B12: 0.12µg (2%), Vitamin B1: 0.03mg (1.91%), Zinc: 0.29mg (1.91%), Manganese: 0.04mg (1.86%), Vitamin B3: 0.36mg (1.79%), Selenium: 1.2µg (1.71%), Vitamin B5: 0.16mg (1.6%), Magnesium: 6.07mg (1.52%), Iron: 0.26mg (1.46%)