



HEALTH SCORE

56%

Green Pepper and Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings coarse salt and pepper black
- ☐ 0.5 cup flat-leaf parsley leaves coarsely chopped
- ☐ 1 large clove garlic finely chopped
- ☐ 2 bell peppers green seeded cut into 1 1/2-inch dice
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon juiced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped

- ☐ 1 tablespoon red wine vinegar
- ☐ 3 vine-ripe tomatoes diced seeded

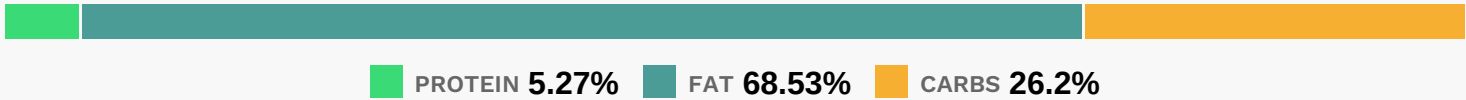
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine peppers, tomatoes, onions, garlic, parsley in a bowl with your fingertips. Squeeze the juice of the lemon with the lemon half sitting upright. This will help prevent the seeds from falling into the bowl. The lemon juice will spill down over the sides of the lemon and the seeds will remain with the fruit. Squeeze the juice evenly over the salad. If the lemon is under-ripe, microwave it for 10 seconds before you cut into it. Next, sprinkle a tablespoon of vinegar over the salad -- just eyeball it.
- ☐ Drizzle the extra-virgin olive oil over the salad, add the salt, pepper and cumin. Toss again. Taste to adjust seasonings and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:14.882173749416%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 136.38kcal (6.82%), Fat: 11g (16.92%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 206.64mg (8.98%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 141.12µg (134.4%), Vitamin C: 74.94mg (90.84%), Vitamin A: 1627.61IU (32.55%), Vitamin E: 2.32mg (15.46%), Vitamin B6: 0.25mg (12.49%), Manganese: 0.24mg (12.23%), Potassium: 411.14mg (11.75%), Fiber: 2.75g (11.02%), Folate: 36.08µg (9.02%), Iron: 1.38mg (7.67%), Magnesium: 24.22mg (6.05%), Copper: 0.12mg (6%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 0.99mg (4.94%), Phosphorus: 48.01mg (4.8%), Calcium: 36.46mg (3.65%), Vitamin B2: 0.05mg (2.93%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.21mg (2.07%)