



## Grilled Bell Peppers with Criolla Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 tablespoon flat-leaf parsley fresh minced
- 1 large garlic clove minced
- 1 teaspoon kosher salt
- 2.5 tablespoons olive oil
- 0.5 cup onion finely chopped
- 4 orange bell peppers
- 1.5 tablespoons red-wine vinegar
- 1 serrano chile fresh minced (including seeds)

- 2 medium tomatoes finely chopped

## Equipment

- bowl
- plastic wrap
- grill
- tongs
- broiler pan

## Directions

- To roast pepper using a charcoal grill: When fire is hot (you can hold your hands 5-inches about rack for 1 to 2 seconds), grill peppers on rack, turning with tongs, until skins are blackened, 10 to 12 minutes.
- To roast pepper using a gas grill: Preheat all burners on high, then adjust heat to moderately high. Grill peppers on rack, turning with tongs, until skins are blackened, 10 to 12 minutes.
- Transfer peppers to a large bowl and cover tightly with plastic wrap, then let stand until cool enough to handle. Peel peppers, then halve lengthwise, and cut them in strips, discarding stems and seeds.
- Stir together remaining ingredients, then add peppers and toss gently.
- Cook's note: If the you aren't able to grill, peppers can be roasted on racks of gas burners over high heat, turning with tongs. Or broil on broiler pan about 5-inches from heat, turning occasionally (about 15 minutes).
- Peppers in criolla sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

## Nutrition Facts



**PROTEIN 5.88%** **FAT 59.99%** **CARBS 34.13%**

## Properties

Glycemic Index:26.5, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:12.246956537599%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## **Nutrients (% of daily need)**

Calories: 86.92kcal (4.35%), Fat: 6.18g (9.51%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.45g (1.98%), Sugar: 5.02g (5.58%), Cholesterol: 0mg (0%), Sodium: 394.31mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin C: 109.66mg (132.92%), Vitamin A: 2891.3IU (57.83%), Vitamin K: 21.75µg (20.72%), Vitamin E: 2.33mg (15.53%), Vitamin B6: 0.29mg (14.58%), Folate: 46.44µg (11.61%), Fiber: 2.45g (9.82%), Potassium: 294.38mg (8.41%), Manganese: 0.17mg (8.34%), Vitamin B3: 1.06mg (5.32%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.42%), Magnesium: 16.2mg (4.05%), Phosphorus: 36.19mg (3.62%), Iron: 0.59mg (3.28%), Vitamin B5: 0.31mg (3.12%), Copper: 0.05mg (2.37%), Zinc: 0.31mg (2.06%), Calcium: 15.18mg (1.52%)