

# Grilled Bell Peppers with Criolla Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

## Ingredients

- 1 tablespoon parsley fresh minced
- 1 large garlic clove minced
- 1 teaspoon kosher salt
- 2.5 tablespoons olive oil
- 4 and orange peppers
- 1.5 tablespoons red-wine vinegar
- 1 serrano chiles fresh minced (including seeds)
- 2 medium tomatoes finely chopped

1 medium onion white finely chopped

## Equipment

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

## Directions

- When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill peppers on rack, turning with tongs, until skins are blackened, 10 to 12 minutes.
- 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, discarding stems and seeds.
- Stir together remaining ingredients, then add peppers and toss gently.
- If 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 5.98%**  **FAT 58.69%**  **CARBS 35.33%**

## Properties

Glycemic Index:26.5, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:12.349130484073%

## 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

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

Calories: 88.92kcal (4.45%), Fat: 6.18g (9.51%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.84g (2.12%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 394.51mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 110.03mg (133.37%), Vitamin A: 2891.4IU (57.83%), Vitamin K: 21.77µg (20.73%), Vitamin E: 2.33mg (15.54%), Vitamin B6: 0.3mg (14.88%), Folate: 47.38µg (11.85%), Fiber: 2.54g (10.16%), Manganese: 0.17mg (8.66%), Potassium: 301.68mg (8.62%), Vitamin B3: 1.07mg (5.35%), Vitamin B2: 0.08mg (4.83%), Vitamin B1: 0.07mg (4.57%), Magnesium: 16.7mg (4.18%), Phosphorus: 37.63mg (3.76%), Iron: 0.6mg (3.34%), Vitamin B5: 0.32mg (3.18%), Copper: 0.05mg (2.46%), Zinc: 0.32mg (2.11%), Calcium: 16.33mg (1.63%)