

Grilled Bell Peppers with Goat Cheese



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic minced
- ☐ 0.5 cup goat cheese
- ☐ 2 bell peppers green
- ☐ 1 tablespoon lemon pepper seasoning
- ☐ 2 tablespoons olive oil

Equipment

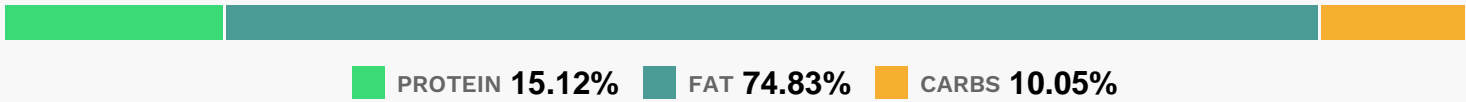
- ☐ bowl
- ☐ grill

☐ ziploc bags

Directions

- ☐ Core and seed the bell peppers.
- ☐ Cut each into six wedges, and place into a resealable plastic bag.
- ☐ Add the garlic and drizzle with olive oil. Toss, seal, and set aside to marinate at least 20 minutes.
- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate. Stir the goat cheese and lemon pepper seasoning together in a small bowl; set aside.
- ☐ Cook the peppers, skin-side-up on the preheated grill until lightly charred, about 3 minutes. Flip the peppers over, and carefully spoon the cheese onto each pepper. Close the lid of the barbecue, and continue cooking until the bottoms are lightly charred and the cheese is warm, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.6704347898131%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 51.19kcal (2.56%), Fat: 4.38g (6.74%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.57g (0.63%), Cholesterol: 4.35mg (1.45%), Sodium: 35.59mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin C: 16.02mg (19.42%), Manganese: 0.1mg (5.08%), Copper: 0.09mg (4.49%), Vitamin K: 3.87µg (3.68%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 173.85IU (3.48%), Phosphorus: 29.35mg (2.94%), Vitamin E: 0.43mg (2.88%), Vitamin B2: 0.04mg (2.51%), Fiber: 0.47g (1.88%), Calcium: 17.92mg (1.79%), Iron: 0.31mg (1.74%), Potassium: 44.84mg (1.28%), Vitamin B1: 0.02mg (1.26%), Magnesium: 4.41mg (1.1%)