



Grilled Padrón Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



2

CALORIES



169 kcal

SIDE DISH

Ingredients



2 tablespoons olive oil



1 pound padrón peppers



2 servings sea salt

Equipment

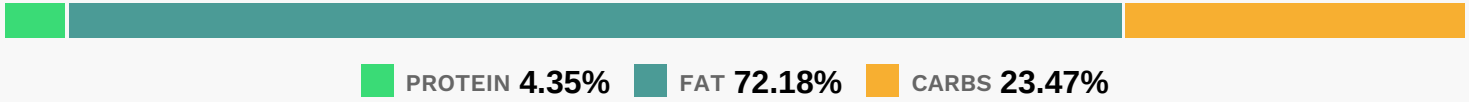


grill

Directions

- ☐
- Preheat grill to medium-high heat (350 to 400).
- ☐
- Brush peppers with olive oil, and sprinkle with sea salt. Grill, turning occasionally, 5 to 7 minutes or until skin slightly blisters.
- ☐
- Sprinkle with additional sea salt, if desired.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:12.097826128421%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.7mg, Luteolin: 10.7mg, Luteolin: 10.7mg, Luteolin: 10.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 169.12kcal (8.46%), Fat: 14.39g (22.13%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 6.67g (2.42%), Sugar: 5.44g (6.05%), Cholesterol: 0mg (0%), Sodium: 200.87mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin C: 182.34mg (221.02%), Vitamin B6: 0.51mg (25.4%), Vitamin K: 25.21µg (24.01%), Vitamin E: 2.86mg (19.03%), Vitamin A: 839.15IU (16.78%), Fiber: 3.86g (15.42%), Manganese: 0.28mg (13.86%), Potassium: 397.07mg (11.34%), Vitamin B1: 0.13mg (8.62%), Copper: 0.15mg (7.49%), Magnesium: 22.68mg (5.67%), Folate: 22.68µg (5.67%), Vitamin B3: 1.09mg (5.44%), Iron: 0.85mg (4.73%), Phosphorus: 45.36mg (4.54%), Vitamin B2: 0.06mg (3.74%), Calcium: 22.94mg (2.29%), Vitamin B5: 0.22mg (2.25%), Zinc: 0.3mg (1.97%)