



Grilled Sweet Peppers and Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

SIDE DISH

Ingredients

- 9 large ears corn
- 0.8 cup basil fresh finely chopped
- 12 servings olive oil (for brushing)
- 4 bell pepper red
- 0.3 cup butter unsalted ()
- 4 bell pepper yellow

Equipment

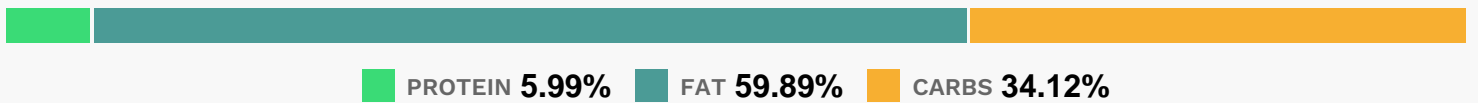
- bowl

- frying pan
- grill
- broiler

Directions

- Prepare barbecue (medium-high heat). Grillpeppers until charred on all sides.
- Transferto paper bag; roll top to close tightly.
- Letsteam 10 minutes. Peel and seed peppers.
- Cut into 1/2-inch-thick strips. DO AHEAD: Canbe made 1 day ahead. Cover and chill.
- Brush corn with olive oil; sprinkle withsalt and pepper. Grill until charred in spots,turning occasionally, about 10 minutes.
- Transfer to large bowl; cover to keep warm.
- Melt butter in heavy large skillet overmedium-high heat.
- Add bell pepper strips.Sauté until heated through, stirring often,3 to 5 minutes. Stir in 3/4 cup basil. Seasonto taste with salt and pepper. Spoon intocenter of large shallow platter. Arrangecorn around peppers.
- Sprinkle remaining 2tablespoons basil over and serve.
- If you make the peppersa day ahead, you can skip the grilling andchar them over a gas flame or in the broiler.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:14.318260906831%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 271.27kcal (13.56%), Fat: 19.5g (29.99%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 21.64g (7.87%), Sugar: 8.39g (9.32%), Cholesterol: 10.17mg (3.39%), Sodium: 19.33mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin C: 131.12mg (158.94%), Vitamin A: 1719.16IU (34.38%), Vitamin E: 2.84mg (18.93%), Folate: 74.77µg (18.69%), Vitamin K: 17.25µg (16.43%), Vitamin B6: 0.28mg (14.21%), Manganese: 0.28mg (14.15%), Fiber: 3.36g (13.44%), Vitamin B1: 0.2mg (13.3%), Vitamin B3: 2.66mg (13.28%), Potassium: 463.07mg (13.23%), Magnesium: 50.26mg (12.56%), Phosphorus: 117.26mg (11.73%), Vitamin B5: 0.97mg (9.7%), Vitamin B2: 0.11mg (6.2%), Iron: 1.04mg (5.76%), Copper: 0.11mg (5.68%), Zinc: 0.68mg (4.51%), Calcium: 13.22mg (1.32%), Selenium: 0.85µg (1.22%)