



Healthy & Delicious: Roasted Pepper Halves with Bread Crumb Topping

READY IN



50 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients

- 1 teaspoon thyme dried
- 0.5 cup breadcrumbs dry fine
- 6 servings kosher salt
- 0.5 cup chicken stock low-sodium
- 5 tablespoons olive oil
- 3 tablespoons parmesan grated
- 3 tablespoons parsley divided chopped
- 0.3 teaspoon pepper red

3 bell pepper red yellow

Equipment

bowl

oven

baking pan

aluminum foil

glass baking pan

Directions

Adjust oven rack to middle position and preheat oven to 375°F.

Drizzle 1 tablespoon olive oil over the bottom of a 9x13 glass baking dish. Halve peppers lengthwise.

Remove stems, seeds, cores, and ribs.

Place in baking dish cut-side-up and drizzle with 1 tablespoon olive oil.

Sprinkle with salt.

In a small bowl, combine bread crumbs, Parmesan, 2 tablespoons parsley, thyme, and red pepper flakes. Stir to combine. Fill peppers evenly with crumb mixture.

Pour chicken broth in bottom of dish and cover tightly with tin foil.

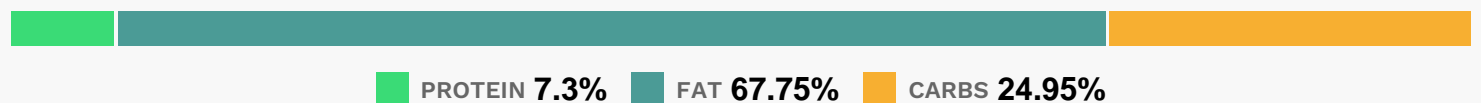
Bake 20 minutes.

Remove foil and bake until peppers are completely tender, about 10 minutes longer.

When time is up and peppers are tender, remove from oven. Move peppers to serving plate and spoon juices on top. Top with remaining 1 tablespoon parsley.

Serve.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:10.685652181506%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 169.11kcal (8.46%), Fat: 13.07g (20.11%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.73g (3.54%), Sugar: 0.63g (0.7%), Cholesterol: 1.7mg (0.57%), Sodium: 309.62mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin C: 111.93mg (135.67%), Vitamin K: 43.41µg (41.34%), Vitamin E: 1.75mg (11.68%), Manganese: 0.17mg (8.55%), Vitamin B3: 1.45mg (7.23%), Folate: 28.8µg (7.2%), Vitamin B1: 0.11mg (7.16%), Vitamin A: 338.05IU (6.76%), Iron: 1.18mg (6.56%), Calcium: 59.82mg (5.98%), Vitamin B6: 0.12mg (5.98%), Phosphorus: 54.13mg (5.41%), Copper: 0.1mg (5.14%), Potassium: 177.21mg (5.06%), Fiber: 1.1g (4.39%), Selenium: 3.04µg (4.34%), Vitamin B2: 0.07mg (4.04%), Magnesium: 13.8mg (3.45%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.08µg (1.35%)