



 **55%**
HEALTH SCORE

Marinated Peppers and Mozzarella

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 4 cups snack peppers sweet
- 0.5 teaspoon pepper red crushed
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 3 garlic clove crushed
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 3 ounces baby mozzarella balls fresh

0.5 cup olive oil extra virgin extra-virgin

0.5 teaspoon salt

Equipment

frying pan

aluminum foil

broiler

slotted spoon

Directions

Preheat broiler to high. Arrange sweet peppers in a single layer on a foil-lined jelly-roll pan; broil peppers 4 minutes on each side or until blackened and tender. Cool.

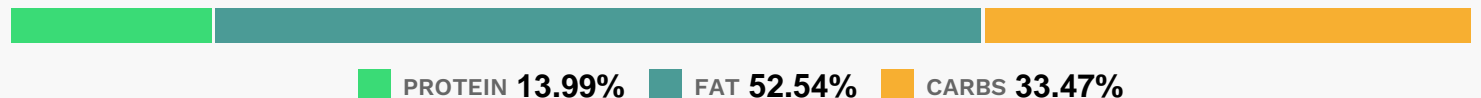
Combine peppers, olive oil, garlic, lemon rind, crushed red pepper, salt, and baby mozzarella balls; toss. Cover and refrigerate overnight, tossing occasionally.

Let stand at room temperature for 30 minutes. Stir in basil leaves and lemon juice before serving.

Serve with a slotted spoon.

Serve this stunning dish solo as a predinner nosh, or spoon over mixed lettuces for a fresh spin on salad. Reserve excess oil, and toss it with steamed brown rice or noodles.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:16.099999990152%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 111.77kcal (5.59%), Fat: 7.15g (11.01%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 6.78g (2.47%), Sugar: 6.69g (7.44%), Cholesterol: 5.1mg (1.7%), Sodium: 213.33mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin C: 203.47mg (246.63%), Vitamin A: 5093.65IU (101.87%), Vitamin B6: 0.49mg (24.26%), Vitamin E: 3.09mg (20.62%), Folate: 74.22µg (18.55%), Vitamin K: 18.4µg (17.52%), Fiber: 3.47g (13.89%), Manganese: 0.23mg (11.41%), Potassium: 349.43mg (9.98%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.59mg (7.97%), Calcium: 69.12mg (6.91%), Vitamin B1: 0.09mg (5.98%), Magnesium: 20.94mg (5.23%), Vitamin B5: 0.52mg (5.17%), Iron: 0.82mg (4.56%), Phosphorus: 45.03mg (4.5%), Zinc: 0.44mg (2.91%), Copper: 0.04mg (2.06%)