



## 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
- 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.

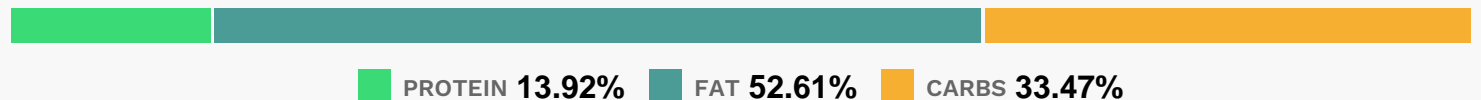
Combine peppers, olive oil, garlic, lemon rind, crushed red pepper, salt, and baby mozzarella balls; toss. Cover and refrigerate overnight, tossing occasionally.

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:22, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:15.843043397302%

## 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: 111.54kcal (5.58%), Fat: 7.15g (11%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 6.77g (2.46%), Sugar: 6.69g (7.43%), Cholesterol: 5.1mg (1.7%), Sodium: 213.29mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin C: 203.29mg (246.41%), Vitamin A: 5040.9IU (100.82%), Vitamin B6: 0.48mg (24.18%), Vitamin E: 3.09mg (20.57%), Folate: 73.54µg (18.38%), Fiber: 3.46g (13.82%), Vitamin K: 14.25µg (13.57%), Manganese: 0.22mg (10.83%), Potassium: 346.48mg (9.9%), Vitamin B2: 0.14mg (8.14%), Vitamin B3: 1.59mg (7.93%), Calcium: 67.35mg (6.73%), Vitamin B1: 0.09mg (5.96%), Vitamin B5: 0.51mg (5.15%), Magnesium: 20.3mg (5.07%), Phosphorus: 44.47mg (4.45%), Iron: 0.79mg (4.39%), Zinc: 0.43mg (2.86%), Copper: 0.04mg (1.87%)