



Marinated Peppers, Artichokes, and Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce artichoke bottoms quartered canned
- ☐ 5 garlic clove sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon seasoning dried italian
- ☐ 1 cup olives mixed
- ☐ 3 bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sherry vinegar

- ☐ 0.8 cup virgin olive oil
- ☐ 3 bell pepper yellow

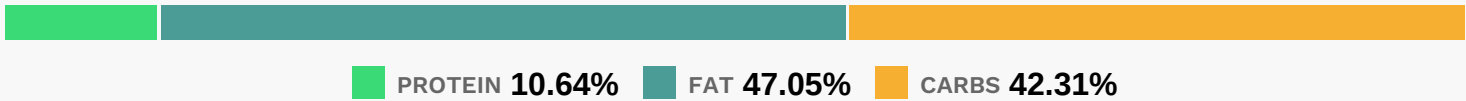
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler with rack 6 inches away from heat.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on an aluminum foil-lined baking sheet. Broil, turning once, 15 minutes or until blackened and charred.
- ☐ Place peppers in a plastic storage bag, and seal.
- ☐ Let stand 15 minutes. Peel and discard skins; cut peppers into strips.
- ☐ Combine peppers and remaining ingredients in a large bowl.
- ☐ Transfer to 2 (1-quart) jars, if desired. Will keep in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:10.191304333832%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 101.83kcal (5.09%), Fat: 5.51g (8.47%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.32g (3.03%), Sugar: 2.76g (3.06%), Cholesterol: 0mg (0%), Sodium: 561.83mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin C: 114.58mg (138.88%), Iron: 5.31mg (29.5%), Vitamin A: 1365.37IU (27.31%), Fiber: 2.82g (11.27%), Vitamin E: 1.58mg (10.56%), Vitamin B6: 0.19mg (9.45%), Manganese: 0.13mg (6.68%), Folate: 26.65µg (6.66%), Vitamin K: 5.32µg (5.07%), Potassium: 169.71mg (4.85%), Vitamin B3: 0.72mg (3.6%), Copper: 0.07mg (3.42%), Magnesium: 11.46mg (2.87%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.04mg (2.37%), Calcium: 22.76mg (2.28%), Phosphorus: 21.78mg (2.18%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.18mg (1.21%)