



Marinated Roasted Peppers, Olives and Cheese

 Vegetarian  Gluten Free

READY IN



275 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

Ingredients

- 6 large bell pepper green red
- 1 cup olives whole pitted ripe
- 4 ounces mozzarella cheese cut into cubes
- 0.3 cup vegetable oil
- 0.3 cup juice of lemon
- 2 tablespoons parsley fresh chopped
- 1 teaspoon oregano dried fresh chopped

- 1 teaspoon basil dried fresh chopped
- 0.5 teaspoon sage dried fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 large garlic clove finely chopped

Equipment

- bowl
- oven
- ziploc bags

Directions

- Set oven control to broil.
- Broil bell peppers with tops about 5 inches from heat, turning occasionally, until skin is blistered and evenly browned.
- Place peppers in a plastic bag and close tightly.
- Let stand 20 minutes.
- Remove skin, stems, seeds and membranes from peppers.
- Cut peppers into 1/4-inch strips.
- Place peppers, olives and cheese in glass bowl or jar.
- Shake remaining ingredients in tightly covered container; pour over pepper mixture. Cover and refrigerate at least 4 hours to blend flavors, stirring occasionally.
- Store tightly covered in refrigerator up to 2 weeks.

Nutrition Facts

PROTEIN 11.02% FAT 70.09% CARBS 18.89%

Properties

Glycemic Index:13.6, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:11.206521705441%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 4.72mg, Luteolin: 4.72mg, Luteolin: 4.72mg, Luteolin: 4.72mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 124.95kcal (6.25%), Fat: 10.26g (15.78%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.73g (3.03%), Cholesterol: 8.96mg (2.99%), Sodium: 401.67mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin C: 82.73mg (100.28%), Vitamin K: 33.88µg (32.27%), Copper: 0.39mg (19.66%), Vitamin B6: 0.24mg (12.16%), Vitamin A: 565.89IU (11.32%), Vitamin E: 1.41mg (9.39%), Fiber: 2.31g (9.25%), Manganese: 0.17mg (8.44%), Calcium: 82.95mg (8.3%), Phosphorus: 62.88mg (6.29%), Potassium: 205.54mg (5.87%), Vitamin B1: 0.07mg (4.43%), Vitamin B12: 0.26µg (4.31%), Magnesium: 15.98mg (3.99%), Iron: 0.69mg (3.86%), Vitamin B2: 0.07mg (3.85%), Folate: 14.28µg (3.57%), Zinc: 0.5mg (3.32%), Selenium: 2.15µg (3.08%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.13mg (1.34%)