



Marinated Roasted Red Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon oregano
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon onion diced red finely
- ☐ 4 roasted peppers red

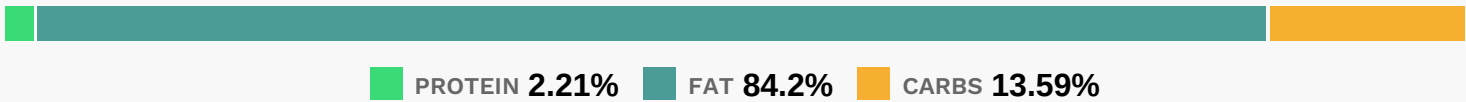
0.3 teaspoon thyme leaves

Equipment

Directions

Mix everything and let marinate in the fridge for at least an hour to overnight.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:2.9865217688291%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 73.35kcal (3.67%), Fat: 7.14g (10.98%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.4g (0.45%), Cholesterol: 0mg (0%), Sodium: 507.29mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 19.28mg (23.37%), Vitamin E: 1.04mg (6.93%), Manganese: 0.1mg (5.07%), Vitamin K: 5.22µg (4.97%), Vitamin B6: 0.08mg (4.1%), Vitamin A: 201.49IU (4.03%), Copper: 0.06mg (2.77%), Iron: 0.45mg (2.47%), Fiber: 0.62g (2.46%), Calcium: 20.79mg (2.08%), Potassium: 70.01mg (2%), Folate: 7.54µg (1.89%), Magnesium: 5.63mg (1.41%), Vitamin B3: 0.22mg (1.12%), Phosphorus: 10.32mg (1.03%)