




 13%
HEALTH SCORE

Mini Peppers Filled with Goat Cheese and Asparagus


 Vegetarian  Gluten Free

READY IN




25 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- 8 ounces asparagus ends trimmed chopped
- 1 teaspoon rosemary leaves fresh chopped
- 2 garlic clove minced
- 0.5 cup goat cheese fresh
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 0.5 teaspoon pepper

- 8 snack peppers sweet mini stemmed seeded cut in half lengthwise, and
- 1 pinch pepper red

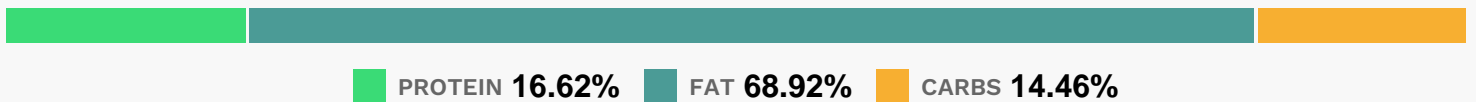
Equipment

- food processor
- baking sheet
- oven
- broiler

Directions

- Preheat broiler with rack set in top third of oven.
- Toss peppers and asparagus in 1 tbsp. oil and spread out on a rimmed baking sheet. Broil, turning often, until starting to soften and brown slightly, 6 minutes.
- Whirl garlic, rosemary, salt, pepper, chile flakes, and goat cheese in a food processor until just combined.
- Spoon about 1 tbsp. cheese mixture into each pepper half and top with asparagus.
- Drizzle with remaining 1 tbsp. oil.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:7.4591304659843%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 82.83kcal (4.14%), Fat: 6.62g (10.18%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.84g (2.05%), Cholesterol: 6.53mg (2.18%), Sodium: 199.67mg (8.68%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.59g (7.18%), Vitamin C: 37.66mg (45.65%), Vitamin A: 1242.38IU (24.85%), Vitamin K: 15.76µg (15.01%), Vitamin E: 1.3mg (8.66%), Copper: 0.17mg (8.32%), Vitamin B6: 0.15mg (7.64%), Folate: 29.39µg (7.35%), Vitamin B2: 0.12mg (6.99%), Manganese: 0.12mg (5.98%), Phosphorus: 59.73mg (5.97%), Iron: 1.05mg (5.81%), Fiber: 1.24g (4.95%), Vitamin B1: 0.07mg (4.48%), Potassium: 125.1mg (3.57%), Vitamin B3: 0.62mg (3.1%), Calcium: 30.74mg (3.07%), Vitamin B5: 0.27mg (2.69%), Magnesium: 10.03mg (2.51%), Zinc: 0.36mg (2.43%), Selenium: 1.19µg (1.7%)