



Moroccan Tri-Color Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 orange bell peppers

- ☐ 3 bell peppers red
- ☐ 3 bell peppers yellow

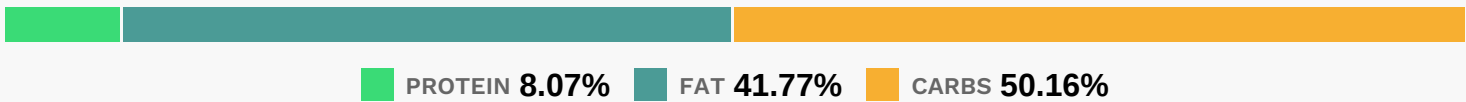
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 20 minutes or until blackened.
- ☐ Place in a large zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel and cut into (1/4-inch-wide) strips.
- ☐ Combine juice and next 5 ingredients (through garlic) in a medium bowl, stirring well with a whisk.
- ☐ Add peppers to bowl; toss gently to combine. Cover and chill overnight.
- ☐ Sprinkle with cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:10.962173837682%

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 Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 57.55kcal (2.88%), Fat: 2.97g (4.57%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 149.76mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 179.04mg (217.01%), Vitamin A: 2452.34IU (49.05%), Vitamin B6: 0.31mg (15.4%), Folate: 46.92µg (11.73%), Vitamin E: 1.57mg (10.49%), Manganese: 0.17mg (8.32%), Fiber: 2.05g (8.22%), Potassium: 264.19mg (7.55%), Vitamin K: 6.9µg (6.57%), Vitamin B3: 1.14mg (5.72%), Vitamin B2: 0.08mg (4.55%), Magnesium: 15.23mg (3.81%), Vitamin B1: 0.06mg (3.76%), Copper: 0.07mg (3.35%), Phosphorus: 32.66mg (3.27%), Iron: 0.59mg (3.27%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.28mg (1.89%), Calcium: 13.55mg (1.35%)