



HEALTH SCORE

60%

Padrón Pepper Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon basil
- ☐ 24 cherry tomatoes at room temperature
- ☐ 0.5 cup feta cheese crumbled
- ☐ 10 teaspoon olive oil extra virgin extra-virgin divided
- ☐ 32 small pasilla peppers
- ☐ 0.8 teaspoon sea salt divided flaked

Equipment

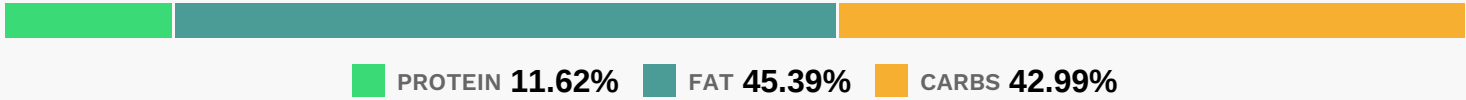
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Slice tomatoes in half. Put in a bowl and toss with 1/4 tsp. salt. Set aside.
- ☐ Heat a grill or a grill pan to medium-high. Toss peppers with 2 tsp. oil and grill until slightly charred all over, 3 to 4 minutes.
- ☐ Divide peppers among 4 salad plates or 2 dinner plates, stacking to give some height to each dish. Divide tomatoes and sprinkle around peppers, then top with crumbled feta. To finish, drizzle 2 tsp. olive oil over each plate, sprinkle with a pinch of salt, and top with a few basil flowers.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:27.77130419275%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 27.91mg, Luteolin: 27.91mg, Luteolin: 27.91mg, Luteolin: 27.91mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg, Quercetin: 13.8mg

Nutrients (% of daily need)

Calories: 274.85kcal (13.74%), Fat: 15.15g (23.31%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 21.51g (7.82%), Sugar: 16.75g (18.61%), Cholesterol: 16.69mg (5.56%), Sodium: 678.96mg (29.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Vitamin C: 499.23mg (605.13%), Vitamin B6: 1.49mg (74.31%), Vitamin A: 2769.62IU (55.39%), Vitamin K: 53.13µg (50.6%), Fiber: 10.78g (43.11%), Manganese: 0.84mg (41.8%), Potassium: 1270.25mg (36.29%), Vitamin E: 4.24mg (28.24%), Vitamin B1: 0.4mg (26.87%), Copper: 0.47mg (23.68%), Phosphorus: 210.16mg (21.02%), Vitamin B2: 0.35mg (20.38%), Folate: 78.48µg (19.62%), Magnesium: 71.97mg (17.99%), Vitamin B3: 3.57mg (17.85%), Calcium: 163.27mg (16.33%), Iron: 2.89mg (16.05%), Zinc: 1.45mg (9.69%), Vitamin B5: 0.9mg (8.99%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.32µg (4.75%)