



Parmesan Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic thinly sliced
- ☐ 0.5 juice of lemon
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 8 thyme sprigs
- ☐ 4 bell pepper red yellow (a mix of , , and orange)

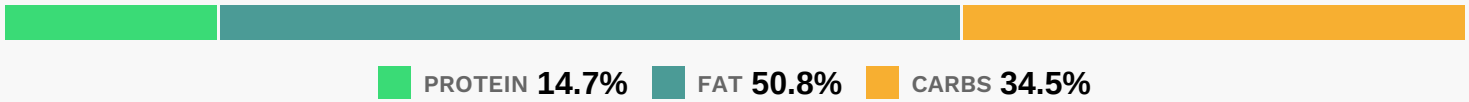
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stem, core, and quarter bell peppers; place on a baking sheet. Toss with sliced garlic, thyme, and extra-virgin olive oil; season with kosher salt and freshly ground black pepper. Arrange skin side down in a single layer and roast in a 425°F oven until softened, then top with Parmesan and broil until cheese is melted and peppers are slightly charred. Squeeze the lemon juice over peppers.
- ☐ Per serving: 88 Calories, 6 grams fat, 3 grams fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:14.024782795621%

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: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 90.59kcal (4.53%), Fat: 5.52g (8.49%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.61g (2.04%), Sugar: 5.15g (5.72%), Cholesterol: 4.25mg (1.42%), Sodium: 105.32mg (4.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin C: 157.21mg (190.55%), Vitamin A: 3870.56IU (77.41%), Vitamin B6: 0.37mg (18.51%), Vitamin E: 2.41mg (16.03%), Folate: 56.87µg (14.22%), Fiber: 2.83g (11.33%), Manganese: 0.19mg (9.73%), Calcium: 92.49mg (9.25%), Potassium: 277.25mg (7.92%), Vitamin K: 8.22µg (7.83%), Vitamin B2: 0.13mg (7.82%), Phosphorus: 78.04mg (7.8%), Vitamin B3: 1.23mg (6.14%), Iron: 0.96mg (5.32%), Magnesium: 20.81mg (5.2%), Vitamin B1: 0.07mg (4.68%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.52mg (3.45%), Selenium: 1.64µg (2.34%), Copper: 0.04mg (1.88%), Vitamin B12: 0.08µg (1.25%)