



## Peperonata



Vegetarian



Vegan



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons balsamic vinegar preferably aged
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 bunch basil fresh
- ☐ 3 bay leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 medium onion halved thinly sliced

- ☐ 2 tablespoons tomato paste
- ☐ 6 bell peppers red yellow cut into 2-inch pieces , and orange

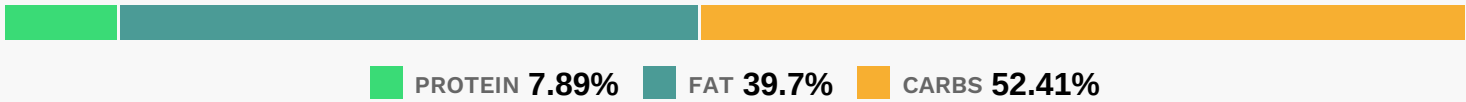
## Equipment

- ☐ dutch oven

## Directions

- ☐ Heat the olive oil in a large pot or Dutch oven over medium heat.
- ☐ Add the onion, garlic and bay leaves and cook, stirring occasionally, until the onion is soft, about 6 minutes.
- ☐ Add the tomato paste, 1 1/2 teaspoons salt and 1/2 teaspoon pepper and cook, stirring, until the tomato paste turns brick red, about 5 minutes.
- ☐ Add the bell peppers and cook, stirring occasionally, until they begin to soften, about 10 minutes.
- ☐ Add the wine and 1 cup water, increase the heat to high and bring to a boil. Reduce the heat to medium low, cover and simmer until the peppers are very soft, about 30 more minutes.
- ☐ Uncover, increase the heat to medium and continue cooking, stirring occasionally, until most of the liquid has evaporated, 20 to 25 more minutes.
- ☐ Remove the bay leaves. Stir in the basil and balsamic vinegar and season with salt and pepper.
- ☐ Photograph by Anna Williams

## Nutrition Facts



## Properties

Glycemic Index:33.63, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:11.785217300705%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 84.02kcal (4.2%), Fat: 3.01g (4.64%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 231.64mg (10.07%), Alcohol: 3.09g (100%), Alcohol %: 2.54% (100%), Protein: 1.35g (2.7%), Vitamin C: 116.71mg (141.47%), Vitamin A: 2884.52IU (57.69%), Vitamin B6: 0.32mg (15.99%), Vitamin E: 1.98mg (13.19%), Folate: 44.9µg (11.23%), Manganese: 0.2mg (10.04%), Fiber: 2.32g (9.29%), Vitamin K: 8.73µg (8.31%), Potassium: 279.41mg (7.98%), Vitamin B2: 0.09mg (5.43%), Vitamin B3: 1.06mg (5.3%), Magnesium: 17.66mg (4.41%), Vitamin B1: 0.06mg (4.11%), Phosphorus: 38.77mg (3.88%), Iron: 0.7mg (3.87%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.33mg (2.21%), Copper: 0.04mg (2.17%), Calcium: 17.95mg (1.79%)