



Pepper Stew with Toast: Peperonata con Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



156 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bread
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 bell pepper sweet red cored seeded cut into 1/2-inch dice
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 bell pepper sweet yellow cored seeded cut into 1/2-inch dice

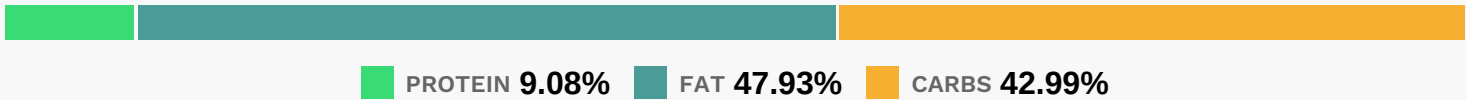
Equipment

- ☐ frying pan
- ☐ grill
- ☐ broiler

Directions

- ☐ In a 12 to 14-inch saute pan, heat 2 tablespoons olive oil over high heat until almost smoking.
- ☐ Add the peppers and saute over high heat 4 minutes, until browned at the edges and softened.
- ☐ Add the sherry vinegar and salt and pepper, to taste, reduce the heat to medium, and continue to cook for 5 to 7 minutes, until peppers are tender. Adjust seasoning and set aside to cool.
- ☐ Preheat the grill or broiler. Grill each slice of bread on both sides until crusty and browned, then top with peperonata and serve.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:7.52, Inflammation Score:-8, Nutrition Score:11.271304368973%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 155.79kcal (7.79%), Fat: 8.42g (12.95%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.98g (5.45%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 328.76mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin C: 92.76mg (112.44%), Manganese: 0.41mg (20.29%), Vitamin A: 991.53IU (19.83%), Selenium: 8.18µg (11.69%), Folate: 45.22µg (11.31%), Vitamin B3: 2.12mg (10.61%), Vitamin E: 1.53mg (10.21%), Vitamin B1: 0.14mg (9.3%), Vitamin B6: 0.17mg (8.38%), Fiber: 2.01g (8.05%), Iron: 1.35mg (7.49%), Vitamin K: 7.04µg (6.71%), Vitamin B2: 0.1mg (6.08%), Phosphorus: 51.6mg (5.16%), Potassium: 168.36mg (4.81%), Magnesium: 18.92mg (4.73%), Calcium: 40.99mg (4.1%), Copper: 0.08mg (3.96%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.42mg (2.79%)