



Peppers Roasted with Garlic, Basil and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



36 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 pint cherry tomatoes halved
- 0.5 cup basil fresh chopped
- 8 cloves garlic thinly sliced
- 1 bell pepper green halved seeded
- 1 bell pepper red halved seeded
- 1 teaspoon salt

- 1 tablespoon herb vinegar to taste
- 1 bell pepper yellow halved seeded

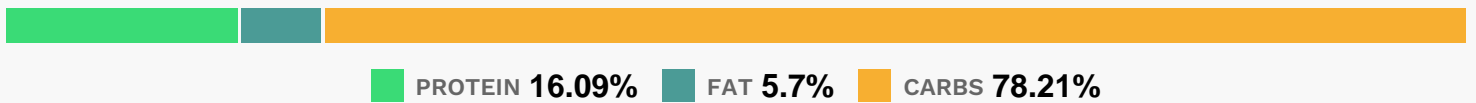
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish with olive oil flavored cooking spray.
- Place the bell pepper halves open side up in the prepared baking dish. In a medium bowl, toss together the cherry tomatoes, basil and garlic. Fill each pepper half with a handful of this mixture. Season with salt and pepper. Cover the dish with aluminum foil.
- Bake for 15 minutes in the preheated oven, then remove the aluminum foil, and continue baking for an additional 15 minutes.
- Remove from the oven, and sprinkle with herb vinegar. These are equally good served hot or cold.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:10.060434833817%

Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 35.99kcal (1.8%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 6.37g (2.32%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 398.89mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 97.32mg (117.96%), Vitamin A: 1226.44IU (24.53%), Manganese: 0.27mg (13.3%), Vitamin K: 13.29µg (12.66%), Vitamin B6: 0.25mg (12.55%), Potassium: 314.81mg (8.99%), Folate: 28.02µg (7.01%), Fiber: 1.64g (6.57%), Copper: 0.12mg (5.96%), Vitamin E: 0.85mg (5.66%), Iron: 0.93mg (5.18%), Vitamin B3: 0.93mg (4.67%), Phosphorus: 43.57mg (4.36%), Vitamin B1: 0.06mg (4.32%), Magnesium: 16.44mg (4.11%), Vitamin B2: 0.05mg (3%), Calcium: 26.15mg (2.61%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.29mg (1.9%), Selenium: 1.07µg (1.53%)