




# Pretty Pepper Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




20 min.

SERVINGS



9

CALORIES



107 kcal

[SIDE DISH](#) [ANTIPASTI](#) [STARTER](#) [SNACK](#)

## Ingredients

- 0.3 cup canola oil
- 2 medium bell pepper green cut into rings
- 3 tablespoons juice of lemon
- 6.5 ounces marinated artichoke drained quartered
- 2.3 ounces olives ripe drained sliced canned
- 0.5 teaspoon oregano fresh minced
- 0.3 teaspoon paprika
- 1 medium bell pepper sweet red cut into rings

- 1 medium onion red cut into rings
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 1 medium bell pepper sweet yellow cut into rings

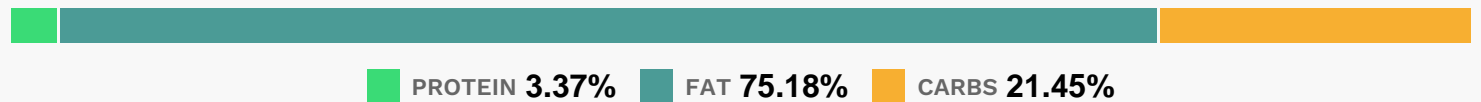
## Equipment

- bowl
- whisk
- slotted spoon

## Directions

- In a large bowl, combine the peppers, onion, artichokes and olives. In a small bowl, whisk the remaining ingredients.
- Pour over pepper mixture and toss to coat. Chill until serving.
- Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:17.68, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:7.1517390880896%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

## Nutrients (% of daily need)

Calories: 107.4kcal (5.37%), Fat: 9.3g (14.31%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 4.19g (1.52%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 319.75mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 69.59mg (84.35%), Vitamin A: 800.67IU (16.01%),

Vitamin E: 1.71mg (11.41%), Vitamin K: 7.92µg (7.55%), Fiber: 1.78g (7.12%), Vitamin B6: 0.14mg (7.07%), Manganese: 0.09mg (4.28%), Folate: 15.99µg (4%), Potassium: 130.88mg (3.74%), Iron: 0.47mg (2.63%), Copper: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.31%), Magnesium: 8.52mg (2.13%), Vitamin B3: 0.42mg (2.1%), Calcium: 17.9mg (1.79%), Phosphorus: 16.47mg (1.65%), Vitamin B2: 0.03mg (1.64%), Vitamin B5: 0.12mg (1.16%)