



Red and Yellow Pepper Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon hungarian paprika sweet
- ☐ 2 teaspoons olive oil divided
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated
- ☐ 2 large bell peppers red cut into 1/4-inch strips
- ☐ 0.5 teaspoon salt
- ☐ 1.5 ounces sourdough bread
- ☐ 0.3 cup sun-dried tomatoes packed

- ☐ 0.5 cup water boiling
- ☐ 1 large bell pepper yellow cut into 1/4-inch strips
- ☐ 0.8 cup onion yellow peeled halved lengthwise thinly sliced
- ☐ 0.5 cup baby squash yellow halved lengthwise thinly sliced
- ☐ 0.5 cup zucchini halved lengthwise thinly sliced

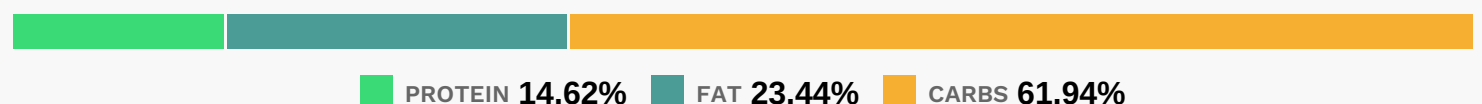
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine 1/2 cup boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- ☐ Drain and slice tomatoes into 1/4-inch strips.
- ☐ Preheat oven to 40
- ☐ Combine tomatoes and next 9 ingredients (through onion) in a large bowl.
- ☐ Drizzle with 1 teaspoon oil; toss gently. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 45 minutes or until vegetables are tender, stirring every 15 minutes.
- ☐ Remove from oven.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure about 1 cup.
- ☐ Add remaining 1 teaspoon oil and cheese; pulse to combine.
- ☐ Sprinkle breadcrumb mixture over vegetables.
- ☐ Bake at 400 for 20 minutes or until breadcrumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:55.92, Glycemic Load:4.68, Inflammation Score:-9, Nutrition Score:12.706086921789%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 84.29kcal (4.21%), Fat: 2.4g (3.69%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 11.46g (4.17%), Sugar: 5.69g (6.32%), Cholesterol: 1.13mg (0.38%), Sodium: 273.85mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin C: 134.12mg (162.57%), Vitamin A: 1964.97IU (39.3%), Vitamin B6: 0.3mg (15.09%), Manganese: 0.3mg (14.98%), Folate: 54.41µg (13.6%), Potassium: 435.93mg (12.46%), Fiber: 2.82g (11.28%), Vitamin B1: 0.13mg (8.84%), Vitamin B3: 1.71mg (8.56%), Vitamin B2: 0.14mg (8.51%), Vitamin E: 1.15mg (7.68%), Iron: 1.31mg (7.27%), Copper: 0.14mg (7.22%), Magnesium: 28.81mg (7.2%), Phosphorus: 71.29mg (7.13%), Vitamin K: 6.61µg (6.29%), Calcium: 46.19mg (4.62%), Selenium: 2.96µg (4.22%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.51mg (3.41%)