

Roasted Bell Pepper Medley

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 6 servings pepper black freshly ground to taste
- 0.5 teaspoon dijon mustard
- 2 cloves garlic finely chopped
- 1 teaspoon honey
- 0.5 teaspoon seasoning italian
- 1 tablespoon olive oil
- 1 lb and orange peppers red yellow miniature

- 0.5 cup pearl onions italian thinly sliced (cipolline)
- 0.5 teaspoon salt

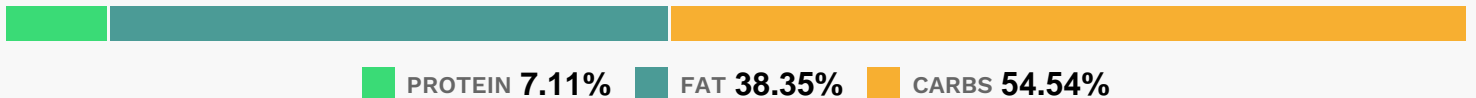
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 400F.
- Cut bell peppers in half; remove seeds. (For larger peppers, cut lengthwise in half again.)
- In medium bowl, toss bell peppers, onions, garlic, oil and Italian seasoning. Spoon mixture into 13x9-inch pan.
- Roast 10 to 12 minutes or until bell peppers are crisp-tender.
- Meanwhile, in small bowl, beat remaining ingredients except ground pepper with wire whisk.
- Before serving, drizzle oil mixture over bell peppers and onions; sprinkle with ground pepper.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:10.296956448451%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 56.5kcal (2.82%), Fat: 2.61g (4.01%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 6.29g (2.29%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 203.12mg (8.83%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin C: 98.55mg (119.45%), Vitamin A: 2371.16IU (47.42%), Vitamin B6: 0.26mg (12.93%), Vitamin E: 1.57mg (10.45%), Folate: 39.02µg (9.75%), Fiber: 2.06g (8.24%), Manganese: 0.15mg (7.73%), Vitamin K: 6.41µg (6.11%), Potassium: 200.02mg (5.71%), Vitamin B2: 0.07mg (4.26%), Vitamin B3: 0.78mg (3.91%), Vitamin B1: 0.05mg (3.54%), Magnesium: 12.46mg (3.12%), Phosphorus: 28.31mg (2.83%), Iron: 0.5mg (2.78%), Vitamin B5: 0.27mg (2.75%), Zinc: 0.25mg (1.65%), Calcium: 15.94mg (1.59%), Copper: 0.03mg (1.37%)