



HEALTH SCORE

57%

## Roasted Bell Pepper Salad with Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



3 tablespoons balsamic vinegar ()



8 tablespoons olive oil extra virgin extra-virgin



6 large and orange peppers halved seeded



0.5 cup pinenuts toasted



6 large bell pepper red halved seeded



6 large bell pepper yellow halved seeded

### Equipment



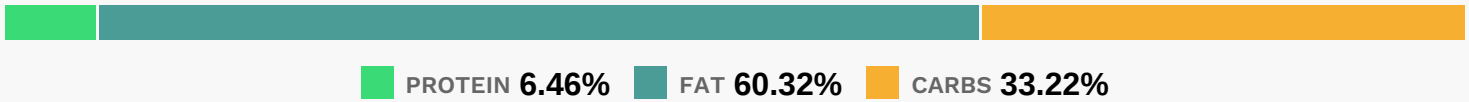
bowl

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 400°F.
- ☐ Place all bell peppers in large bowl.
- ☐ Pour 6 tablespoons oil over peppers; toss to coat.
- ☐ Place peppers, cut side down, on 2 large rimmed baking sheets.
- ☐ Sprinkle with salt. Roast until peppers are soft and slightly blackened, about 1 hour, reversing sheets after 30 minutes. Cool slightly; peel, if desired.
- ☐ Cut peppers into 1/4-inch-wide strips.
- ☐ Transfer to large bowl; add accumulated juices from baking sheets.
- ☐ Add 3 tablespoons vinegar and remaining 2 tablespoons oil; toss gently. Refrigerate at least 1 hour. (Can be prepared 1 day ahead.)
- ☐ Drain peppers; discard juices.
- ☐ Transfer peppers to platter. Season with salt, pepper and more vinegar, if desired. Toss gently; sprinkle with pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:12.442173909882%

## Flavonoids

Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 95.82kcal (4.79%), Fat: 6.93g (10.67%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.35g (2.31%), Sugar: 3.84g (4.27%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 190.31mg (230.68%), Vitamin A: 2661.24IU

(53.22%), Manganese: 0.4mg (19.82%), Vitamin B6: 0.32mg (15.97%), Vitamin E: 2.23mg (14.87%), Folate: 50.77µg (12.69%), Fiber: 2.24g (8.98%), Potassium: 290.68mg (8.31%), Vitamin K: 8.34µg (7.95%), Vitamin B3: 1.34mg (6.7%), Magnesium: 22.72mg (5.68%), Vitamin B2: 0.09mg (5.16%), Copper: 0.1mg (5.07%), Phosphorus: 49.03mg (4.9%), Vitamin B1: 0.07mg (4.5%), Iron: 0.76mg (4.24%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.47mg (3.11%), Calcium: 11.89mg (1.19%)