



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



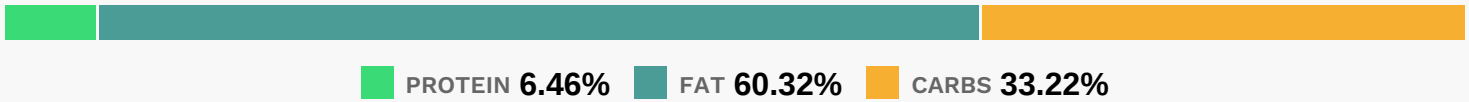
bowl

- ☐ 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%)