



Roasted Feta with Olives and Red Peppers



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings lemon wedges toasted
- ☐ 0.5 lb feta cheese rinsed drained (preferably Greek)
- ☐ 0.3 cup olives black pitted rinsed coarsely chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon oregano dried crumbled
- ☐ 4 servings parsley fresh chopped
- ☐ 0.3 cup roasted peppers red chopped

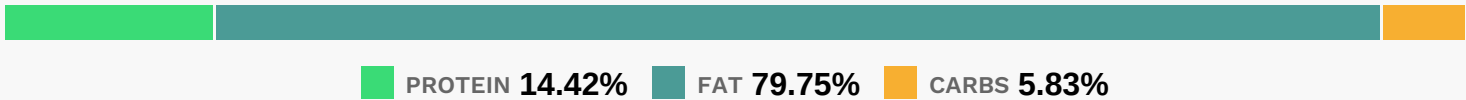
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut cheese into 1/2-inch-thick slices and divide evenly among 4 small flameproof baking dishes (or arrange in 1 layer in a large one).
- ☐ Sprinkle oregano and pepper over cheese.
- ☐ Stir together roasted peppers, olives, and oil in a small bowl, then spoon mixture over and around cheese.
- ☐ Broil 2 to 4 inches from heat until edges of cheese are golden, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:12.020869597145%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 228.32kcal (11.42%), Fat: 20.55g (31.62%), Saturated Fat: 8.69g (54.32%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.75g (1%), Sugar: 0.11g (0.12%), Cholesterol: 50.46mg (16.82%), Sodium: 900.24mg (39.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin K: 71.93µg (68.51%), Calcium: 295.9mg (29.59%), Vitamin B2: 0.49mg (28.63%), Phosphorus: 196.03mg (19.6%), Vitamin B12: 0.96µg (15.97%), Vitamin B6: 0.26mg (13.23%), Vitamin A: 657.92IU (13.16%), Selenium: 8.63µg (12.32%), Vitamin C: 9.92mg (12.03%), Zinc: 1.7mg (11.34%), Vitamin E: 1.49mg (9.91%), Folate: 26.3µg (6.58%), Vitamin B1: 0.1mg (6.36%), Vitamin B5: 0.57mg (5.74%),

Iron: 0.83mg (4.62%), Magnesium: 15.29mg (3.82%), Vitamin B3: 0.69mg (3.45%), Manganese: 0.06mg (2.94%),
Fiber: 0.63g (2.51%), Copper: 0.05mg (2.42%), Potassium: 78.32mg (2.24%), Vitamin D: 0.23µg (1.51%)