



HEALTH SCORE

77%

Roasted Fingerlings with Red and Yellow Pipérade



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup champagne vinegar
- ☐ 3 pounds fingerling potatoes halved lengthwise
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 2 large bell peppers red stemmed seeded cut into 1/4- to 1/3-inch-wide strips
- ☐ 1 large onion red halved thinly sliced
- ☐ 0.3 cup shallots chopped
- ☐ 2 large bell peppers yellow stemmed seeded cut into 1/4- to 1/3-inch-wide strips

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pour 1/2 cup extra-virgin olive oil onto large rimmed baking sheet.
- ☐ Spread all peppers and sliced onion over, sprinkle with salt and pepper, and toss to coat. Roast 10 minutes.
- ☐ Place halved potatoes and remaining 2 tablespoons olive oil in large bowl.
- ☐ Sprinkle with salt and pepper; toss to coat. Arrange potatoes in single layer atop peppers. Roast until potatoes are tender and beginning to turn golden, about 50 minutes. DO AHEAD: Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 425°F oven for 10 minutes before continuing.
- ☐ Sprinkle chopped parsley and shallots over potatoes and toss to coat. Roast potatoes 5 minutes longer.
- ☐ Transfer potatoes to large platter.
- ☐ Sprinkle with chives, basil, and thyme.
- ☐ Drizzle with Champagne vinegar and toss to coat. Season to taste with salt and pepper.
- ☐ Pipérade refers to the classic Basque stew made with tomatoes, bell peppers, onions, and garlic.

Nutrition Facts



 PROTEIN **9.71%**  FAT **14.14%**  CARBS **76.15%**

Properties

Glycemic Index:36.47, Glycemic Load:18.36, Inflammation Score:-9, Nutrition Score:16.471304437389%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 154.47kcal (7.72%), Fat: 2.52g (3.88%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 25.93g (9.43%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Vitamin C: 144.17mg (174.75%), Vitamin K: 59.4µg (56.58%), Vitamin B6: 0.6mg (30.02%), Vitamin A: 1465.7IU (29.31%), Potassium: 784.74mg (22.42%), Fiber: 4.63g (18.5%), Manganese: 0.35mg (17.51%), Folate: 56.97µg (14.24%), Magnesium: 45.7mg (11.43%), Vitamin B3: 2.17mg (10.87%), Copper: 0.21mg (10.73%), Phosphorus: 105.64mg (10.56%), Iron: 1.85mg (10.28%), Vitamin B1: 0.15mg (9.97%), Vitamin B5: 0.62mg (6.19%), Vitamin E: 0.88mg (5.85%), Vitamin B2: 0.09mg (5.45%), Zinc: 0.64mg (4.26%), Calcium: 36.77mg (3.68%)