



Roasted Mixed Peppers with Capers and Marjoram



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 4 large anaheim chiles fresh
- ☐ 3 tablespoons capers drained
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons marjoram plus leaves fresh chopped for garnish
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 large orange bell peppers yellow
- ☐ 4 large bell peppers red

☐ 1 tablespoon citrus champagne vinegar

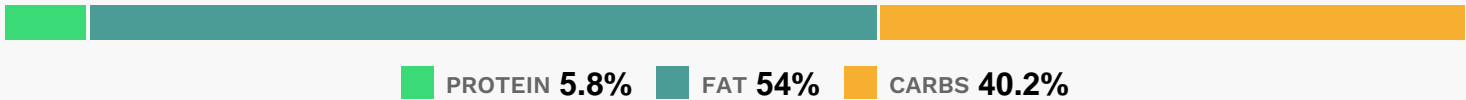
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Char bell peppers and chiles over gas flame or in broiler until blackened on all sides.
- ☐ Place in large bowl; cover tightly with plastic wrap and cool. Peel, seed, and stem peppers and chiles.
- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Cut chiles into 1/2-inch-wide strips.
- ☐ Place pepper and chile strips in medium bowl.
- ☐ Add olive oil, capers, chopped marjoram, garlic, and vinegar to bowl and toss to incorporate evenly. Season pepper and chile mixture to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Sprinkle marjoram leaves over and serve.
- ☐ * Also known as California chiles; available in the produce section of many supermarkets and at Latin markets.
- ☐ This side dish would also make a delicious sandwich or burger topping—or coarsely chop the roasted peppers and chiles and serve with goat cheese and crostini.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:16.310869452746%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.57mg, Quercetin:

5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 112.21kcal (5.61%), Fat: 7.28g (11.19%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 7.69g (2.8%), Sugar: 7.84g (8.72%), Cholesterol: 0mg (0%), Sodium: 183.56mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 214.32mg (259.78%), Vitamin A: 5181.17IU (103.62%), Vitamin B6: 0.49mg (24.38%), Vitamin E: 3.59mg (23.96%), Vitamin K: 21.05µg (20.05%), Folate: 76.91µg (19.23%), Fiber: 4.5g (17.99%), Potassium: 353.82mg (10.11%), Manganese: 0.2mg (10.01%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.64mg (8.18%), Vitamin B1: 0.09mg (6.07%), Magnesium: 21.18mg (5.3%), Vitamin B5: 0.53mg (5.27%), Iron: 0.85mg (4.7%), Phosphorus: 44.53mg (4.45%), Zinc: 0.43mg (2.89%), Copper: 0.04mg (2.11%), Calcium: 14.91mg (1.49%)