



Roasted Onions and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons creole seasoning
- ☐ 1 bell pepper green seeded cut into thin strips
- ☐ 2 teaspoons olive oil
- ☐ 1 bell pepper red seeded cut into thin strips
- ☐ 1 vidalia sweet thinly sliced

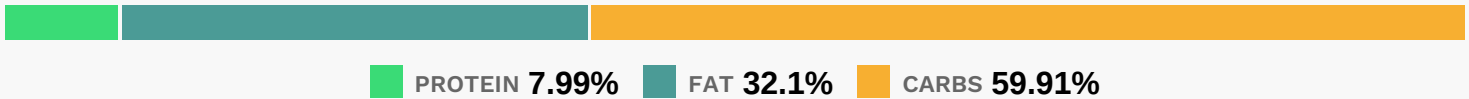
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 47
- ☐ Place first 3 ingredients in a single layer in a large roasting pan. Coat vegetables with cooking spray; drizzle with olive oil.
- ☐ Sprinkle with Creole seasoning.
- ☐ Bake at 475 for 15 to 17 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:8.8039130283439%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 61.03kcal (3.05%), Fat: 2.38g (3.66%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.84g (2.85%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 9.04mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin C: 66.74mg (80.89%), Vitamin A: 1458.47IU (29.17%), Vitamin B6: 0.29mg (14.26%), Folate: 36.75µg (9.19%), Fiber: 2.15g (8.59%), Vitamin E: 1.18mg (7.89%), Manganese: 0.15mg (7.63%), Potassium: 233.47mg (6.67%), Vitamin K: 5.91µg (5.63%), Vitamin B1: 0.07mg (4.68%), Phosphorus: 38.96mg (3.9%), Magnesium: 15.51mg (3.88%), Copper: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.49%), Vitamin B3: 0.63mg (3.16%), Iron: 0.53mg (2.96%), Calcium: 23.11mg (2.31%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.25mg (1.64%)