



Roasted Pepper and Goat Cheese Sandwiches

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 8 basil leaves
- 1 teaspoon pepper black freshly ground
- 2 tablespoons capers drained
- 1 large ciabatta bread halved
- 2 cloves garlic minced
- 11 ounce goat cheese plain at room temperature (recommended: Montrachet)
- 2 teaspoon kosher salt

- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil good
- 3 slices onion red thin
- 4 large bell peppers red yellow

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 500 degrees F.
- Place the whole peppers on a sheet pan and place in the oven for 30 to 40 minutes, until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting.
- Remove the pan from the oven and immediately cover it tightly with aluminum foil. Set aside for 30 minutes, or until the peppers are cool enough to handle.
- Meanwhile, combine the olive oil, balsamic vinegar, garlic, salt, and pepper in a small bowl. Set aside.
- Remove the stem from each pepper and cut them in quarters.
- Remove the peels and seeds and place the peppers in a bowl along with any juices that have collected. Discard the stems, peels, and seeds.
- Pour the oil and vinegar mixture over the peppers. Stir in the capers. Cover with plastic wrap and refrigerate for a few hours to allow the flavors to blend.
- To assemble the sandwiches, spread the bottom half of the loaf with the goat cheese.
- Add a layer of peppers and then a layer of basil leaves. Separate the onions into rings and spread out on top.

Sprinkle with salt and pepper. Cover with the top half of the ciabatta and cut into individual servings.

Nutrition Facts



PROTEIN 17.62% **FAT 37.25%** **CARBS 45.13%**

Properties

Glycemic Index:40.17, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:13.110869511314%

Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 392.16kcal (19.61%), Fat: 16.46g (25.32%), Saturated Fat: 8.57g (53.59%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 42.59g (15.49%), Sugar: 1.18g (1.31%), Cholesterol: 23.91mg (7.97%), Sodium: 1411.51mg (61.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.04%), Vitamin C: 228.58mg (277.07%), Copper: 0.54mg (26.9%), Vitamin B6: 0.36mg (18.09%), Phosphorus: 168.13mg (16.81%), Vitamin A: 819.31IU (16.39%), Manganese: 0.29mg (14.59%), Vitamin B2: 0.24mg (13.9%), Folate: 40.89µg (10.22%), Iron: 1.75mg (9.69%), Calcium: 95mg (9.5%), Fiber: 2.28g (9.14%), Potassium: 302.22mg (8.63%), Vitamin K: 7.37µg (7.02%), Vitamin B3: 1.37mg (6.85%), Magnesium: 26.45mg (6.61%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.8mg (5.33%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.73mg (4.9%), Selenium: 2.06µg (2.94%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.39%)