



Roasted Pepper and Onion Salad with Blue Cheese



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cheese blue spanish thinly sliced (such as Cabrales or Valdeón; optional)
- ☐ 8 cups salad leaves curly endive loosely packed ()
- ☐ 6 garlic clove
- ☐ 6 servings pepper freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 medium onion red quartered
- ☐ 1 tablespoon red wine vinegar ()

☐

6 roasted peppers red in brine packed halved lengthwise drained (from a 24-ounce jar, preferably)

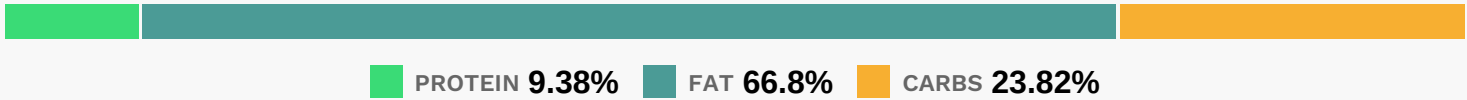
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine first 4ingredients in a shallow 2-quart baking dish;toss to coat. Season with salt and pepper.
- ☐ Roast vegetables, stirring occasionally,until onions are caramelized and softened,about 40 minutes. Stir in 1 tablespoon Sherry vinegar. Season to taste with salt, pepper, and more vinegar, if desired.
- ☐ Arrange frisée on plates, dividing evenly.Spoon vegetables over frisée.
- ☐ Drizzle juicesin baking dish over. Top with cheese, ifdesired.
- ☐ Per serving: 190 calories, 15 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:17.926521715911%

Flavonoids

Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 147.89kcal (7.39%), Fat: 11.52g (17.72%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 5.42g (1.97%), Sugar: 2.09g (2.32%), Cholesterol: 5.63mg (1.88%), Sodium: 625.16mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin K: 204.36µg (194.63%), Vitamin A: 4062.51IU (81.25%), Vitamin C: 36.87mg (44.69%), Manganese: 0.46mg (22.86%), Folate: 89.03µg (22.26%), Vitamin E: 2.83mg (18.88%), Fiber: 3.82g (15.29%), Copper: 0.27mg (13.63%), Calcium: 135.98mg (13.6%), Potassium: 421.18mg (12.03%), Vitamin B6: 0.23mg (11.49%), Vitamin B5: 0.98mg (9.81%), Phosphorus: 83.34mg (8.33%), Magnesium: 30.48mg (7.62%), Vitamin B2: 0.12mg (7.05%), Iron: 1.12mg (6.21%), Vitamin B1: 0.07mg (4.96%), Zinc: 0.65mg (4.3%), Vitamin B3: 0.68mg (3.39%), Selenium: 2.01µg (2.88%), Vitamin B12: 0.09µg (1.53%)