



Roasted Pepper and Pepperoni Tossed Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium bell pepper red
- ☐ 5 oz pepperoni diced
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.5 teaspoon garlic salt
- ☐ 10 oz the of 1 cos lettuce
- ☐ 0.5 cup grape tomatoes
- ☐ 15 oz garbanzo beans rinsed drained canned

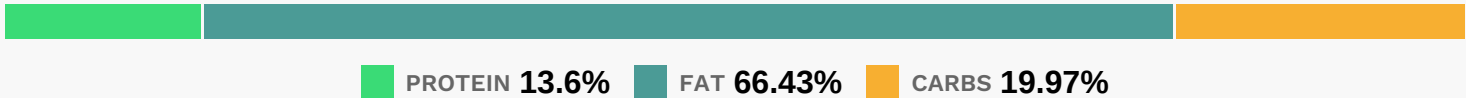
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Cut bell pepper in half; remove seeds.
- ☐ Place halves, skin sides up, on foil-lined broiler pan. Broil 3 to 4 inches from heat about 5 minutes or until skin blackens.
- ☐ Place in plastic bag; let stand 10 minutes to steam. Peel skin from pepper.
- ☐ Meanwhile, line microwavable plate with microwavable paper towels.
- ☐ Spread diced pepperoni on plate; cover loosely with microwavable paper towel. Microwave on High 2 minutes to remove excess fat.
- ☐ Cut roasted pepper into thin bite-size pieces.
- ☐ In small bowl, beat oil, vinegar and garlic salt with wire whisk until well blended. In large bowl, toss lettuce, roasted pepper, pepperoni, tomatoes and chickpeas with oil-and-vinegar dressing.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:18.42000019032%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 257.92kcal (12.9%), Fat: 19.35g (29.76%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 8.41g (3.06%), Sugar: 1.72g (1.91%), Cholesterol: 22.92mg (7.64%), Sodium: 769.68mg (33.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin A: 4850.45IU (97.01%), Vitamin K: 64.26µg (61.2%), Manganese: 0.83mg (41.64%), Vitamin C: 29.07mg (35.24%), Vitamin B6: 0.52mg (26.17%), Folate: 94.14µg (23.54%), Fiber: 4.68g (18.7%), Selenium: 8.48µg (12.11%), Phosphorus: 116.74mg (11.67%), Potassium: 356.76mg (10.19%), Iron: 1.79mg (9.94%), Vitamin B1: 0.14mg (9.07%), Magnesium: 33.95mg (8.49%), Vitamin B3: 1.69mg (8.43%), Zinc: 1.25mg (8.31%), Vitamin E: 1.24mg (8.28%), Copper: 0.16mg (8.2%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.63mg (6.32%), Vitamin B12: 0.31µg (5.12%), Calcium: 47.94mg (4.79%), Vitamin D: 0.31µg (2.05%)