



Roasted Pepper and Rosemary Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 bell peppers red yellow

Equipment

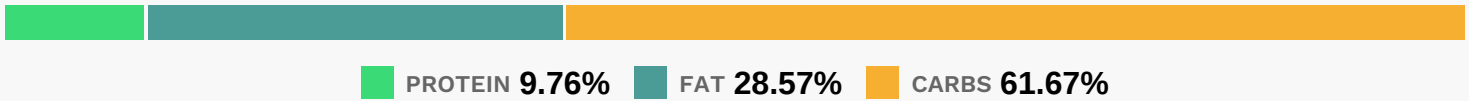
- ☐ bowl

- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel and cut into 1-inch pieces.
- ☐ Combine bell pepper and remaining ingredients in a small bowl; toss well. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:6.8891304459261%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 34.07kcal (1.7%), Fat: 1.2g (1.84%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.94g (1.8%), Sugar: Og (0%), Cholesterol: 0mg (0%), Sodium: 147.4mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 163.79mg (198.54%), Vitamin B6: 0.15mg (7.54%), Manganese: 0.14mg (6.9%), Folate: 23.27µg (5.82%), Potassium: 193.71mg (5.53%), Copper: 0.1mg (4.96%), Vitamin B3: 0.8mg (3.99%), Vitamin A: 180.6IU (3.61%), Fiber: 0.87g (3.48%), Magnesium: 11.26mg (2.82%), Iron: 0.45mg (2.53%), Phosphorus: 22.03mg (2.2%), Vitamin B1: 0.03mg (1.68%), Vitamin B5: 0.15mg (1.54%), Vitamin B2: 0.02mg

(1.34%), Calcium: 11.25mg (1.13%), Zinc: 0.16mg (1.04%)