



Roasted Pepper, Mozzarella and Anchovy Involtini

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce flat anchovies rinsed halved lengthwise canned
- 0.5 pound buffalo mozzarella cheese cut into 2-by-1/3-inch matchsticks
- 1 tablespoon capers minced drained
- 1 small garlic clove minced
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons parsley minced
- 4 large bell peppers red

- 24 servings salt and pepper freshly ground
- 24 servings vegetable oil for rubbing

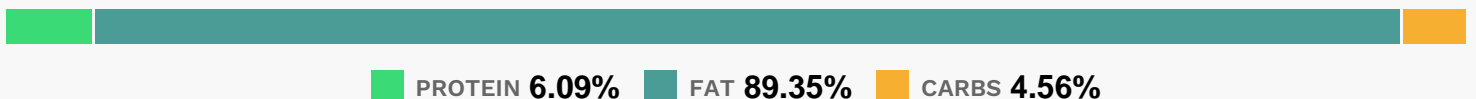
Equipment

- bowl
- baking sheet
- oven
- toothpicks
- skewers

Directions

- Preheat the oven to 50
- On a baking sheet, lightly rub the bell peppers with vegetable oil. Roast for about 20 minutes, turning the peppers halfway through, until blackened in spots.
- Transfer the peppers to a bowl, cover with plastic and let cool. Peel the peppers and cut them lengthwise into thirds; discard the stems, cores and seeds.
- In a small bowl, combine the parsley with the capers, olive oil and garlic and season lightly with salt and pepper.
- Spread the peppers on a work surface.
- Lay the mozzarella sticks on the short ends and top with the anchovies. Spoon the parsley mixture on top and roll into tight cylinders. Trim the ends and cut the rolls in half. Skewer with toothpicks and serve.
- Make Ahead: The rolls can be kept at room temperature for up to 4 hours or refrigerated for up to 8 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:6.8778259929108%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 165.39kcal (8.27%), Fat: 16.77g (25.81%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.24g (1.38%), Cholesterol: 8.6mg (2.87%), Sodium: 245.44mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin C: 35.48mg (43.01%), Vitamin K: 32.99µg (31.42%), Vitamin A: 1164.31IU (23.29%), Calcium: 217.06mg (21.71%), Vitamin E: 1.68mg (11.2%), Vitamin B6: 0.08mg (4.24%), Folate: 13.37µg (3.34%), Vitamin B3: 0.61mg (3.03%), Fiber: 0.6g (2.39%), Potassium: 75.49mg (2.16%), Manganese: 0.04mg (1.78%), Vitamin B2: 0.03mg (1.78%), Iron: 0.27mg (1.49%), Selenium: 0.91µg (1.3%), Phosphorus: 11.64mg (1.16%), Magnesium: 4.56mg (1.14%), Vitamin B1: 0.02mg (1.11%), Vitamin B5: 0.1mg (1.04%)