



## Roasted Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon cilantro leaves fresh minced
- 1 teaspoon garlic minced
- 1.5 teaspoons ground cumin
- 1.5 tablespoons juice of lemon
- 1 tablespoon olive oil extra virgin extra-virgin
- 24 oz roasted peppers red peeled
- 4 servings salt and pepper

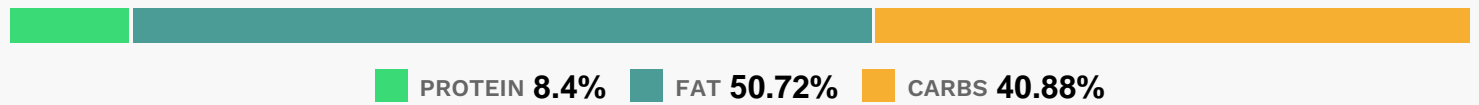
## Equipment

- bowl
- frying pan

## Directions

- Drain peppers; cut into thin strips and put in a bowl.
- Stir cumin in a 1- to 2-quart pan over medium-high heat until fragrant, about 45 seconds.
- Add to peppers garlic, cilantro, lemon juice, and olive oil.
- Mix, and add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:10.122608793818%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 66.75kcal (3.34%), Fat: 4.2g (6.45%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.45g (1.98%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 2523.98mg (109.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin C: 81.59mg (98.9%), Vitamin A: 901.18IU (18.02%), Vitamin B6: 0.32mg (15.9%), Manganese: 0.31mg (15.56%), Copper: 0.23mg (11.56%), Iron: 1.9mg (10.55%), Fiber: 2.16g (8.62%), Calcium: 78.64mg (7.86%), Potassium: 271.15mg (7.75%), Folate: 28.5µg (7.13%), Magnesium: 22.01mg (5.5%), Vitamin B3: 0.98mg (4.91%), Phosphorus: 39.41mg (3.94%), Vitamin E: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.06mg (3.25%), Zinc: 0.35mg (2.36%), Vitamin K: 2.47µg (2.35%)