



Roasted-Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



4500 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lb bell pepper mixed cut lengthwise into 1/4-inch- wide strips
- 2 lb bell pepper mixed cut lengthwise into 1/4-inch- wide strips
- 0.3 teaspoon pepper black
- 2 tablespoons capers in brine rinsed drained
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 0.5 teaspoon salt
- 1 teaspoon sugar

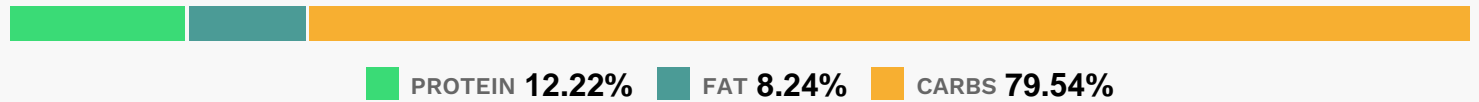
3 tablespoons balsamic vinegar white

Equipment

Directions

Toss together all ingredients and let stand, covered, 1 hour for flavors to develop.

Nutrition Facts



Properties

Glycemic Index:59.35, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:21.037391175394%

Flavonoids

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 89.36kcal (4.47%), Fat: 0.94g (1.45%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 14g (5.09%), Sugar: 14.58g (16.2%), Cholesterol: 0mg (0%), Sodium: 281.64mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 387.42mg (469.6%), Vitamin A: 9542.46IU (190.85%), Vitamin B6: 0.88mg (44.14%), Folate: 140.64µg (35.16%), Vitamin E: 4.81mg (32.09%), Fiber: 6.48g (25.91%), Vitamin K: 21.14µg (20.14%), Manganese: 0.38mg (18.89%), Potassium: 653.17mg (18.66%), Vitamin B2: 0.26mg (15.41%), Vitamin B3: 2.99mg (14.95%), Vitamin B1: 0.16mg (10.95%), Magnesium: 39.13mg (9.78%), Vitamin B5: 0.96mg (9.63%), Phosphorus: 81.29mg (8.13%), Iron: 1.45mg (8.08%), Zinc: 0.78mg (5.22%), Copper: 0.07mg (3.49%), Calcium: 27.25mg (2.73%)