



HEALTH SCORE

59%

Roasted-Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



4500 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

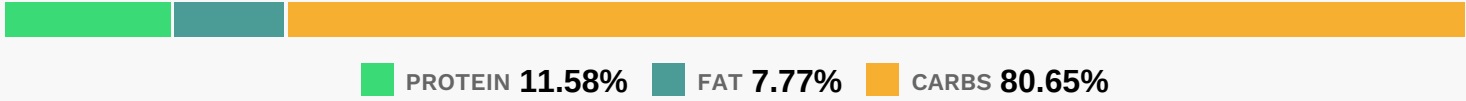
- ☐ 2 lb bell peppers mixed cut lengthwise into 1/4-inch- wide strips
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons capers in brine rinsed drained
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons balsamic vinegar white

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:14.799565275078%

Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 49.89kcal (2.49%), Fat: 0.49g (0.75%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 8.05g (2.93%), Sugar: 8.23g (9.14%), Cholesterol: 0mg (0%), Sodium: 275.57mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 193.77mg (234.87%), Vitamin A: 4773.3IU (95.47%), Vitamin B6: 0.44mg (22.09%), Folate: 70.63µg (17.66%), Vitamin E: 2.42mg (16.12%), Fiber: 3.29g (13.17%), Vitamin K: 10.97µg (10.45%), Manganese: 0.2mg (10.04%), Potassium: 332.18mg (9.49%), Vitamin B2: 0.13mg (7.82%), Vitamin B3: 1.5mg (7.52%), Vitamin B1: 0.08mg (5.5%), Magnesium: 20.56mg (5.14%), Vitamin B5: 0.48mg (4.83%), Iron: 0.78mg (4.35%), Phosphorus: 41.6mg (4.16%), Zinc: 0.4mg (2.67%), Copper: 0.04mg (2.08%), Calcium: 15.49mg (1.55%)