



 **61%**
HEALTH SCORE

Roasted Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1.3 pounds bell peppers red
- 0.3 teaspoon salt
- 1.3 pounds bell peppers yellow

Equipment

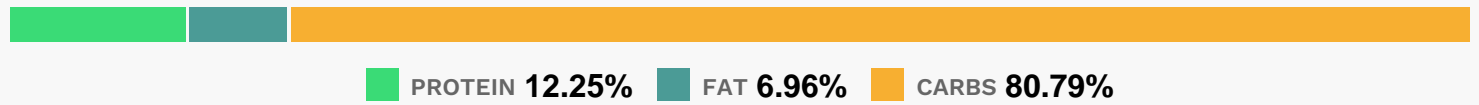
- bowl
- baking sheet
- aluminum foil

ziploc bags

Directions

- Cut the bell peppers in half lengthwise, and discard the seeds and membranes.
- Place pepper halves, skin side up, on a foil-lined baking sheet, and flatten with palm of hand. Broil for 12 minutes or until blackened and charred.
- Place the peppers in a zip-top heavy-duty plastic bag, and seal; let stand for 15 minutes.
- Peel and discard skins.
- Cut bell peppers into strips.
- Combine the roasted bell pepper strips, vinegar, and salt in a bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:13.102608761062%

Flavonoids

Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 54.78kcal (2.74%), Fat: 0.48g (0.74%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 9.74g (3.54%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 103.79mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin C: 294.36mg (356.8%), Vitamin A: 3147.74IU (62.95%), Vitamin B6: 0.43mg (21.69%), Folate: 68.04µg (17.01%), Potassium: 405.72mg (11.59%), Fiber: 2.84g (11.34%), Manganese: 0.22mg (11.18%), Vitamin E: 1.49mg (9.95%), Vitamin B3: 1.77mg (8.83%), Vitamin B2: 0.1mg (6.11%), Copper: 0.12mg (5.93%), Magnesium: 23.32mg (5.83%), Vitamin B1: 0.08mg (5.17%), Iron: 0.88mg (4.89%), Phosphorus: 48.26mg (4.83%), Vitamin B5: 0.46mg (4.58%), Vitamin K: 4.63µg (4.41%), Zinc: 0.4mg (2.68%), Calcium: 18.51mg (1.85%)