



Roasted Peppers and Pecorino Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- 4 tablespoons olive oil extra-virgin
- 3 tablespoons torn parsley leaves italian coarsely chopped
- 8 ounces pecorino cheese cut into 1/ slices
- 4 bell peppers red
- 8 servings salt and pepper
- 4 bell peppers yellow

Equipment

- grill

broiler

stove

Directions

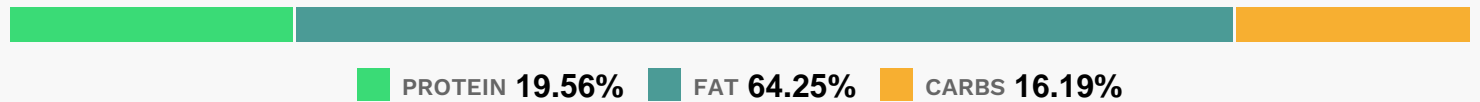
Roast the peppers whole under a broiler, stovetop, or grill, turning occasionally until the skins blister and chars all over, about 7 to 8 minutes on each side. When pepper skin is black, place peppers in a paper grocery bag, and let steam to loosen the skins for about 15 minutes. Rip back the edges of the grocery bag and peel the blackened skin off the peppers right into the bag for easy clean up.

Remove the seeds and tear each pepper into 6 sections.

Put the peppers on a platter and drizzle with olive oil. Season with salt and pepper, to taste.

Serve with slices of Pecorino and fresh parsley.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:15.359999965066%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 203.67kcal (10.18%), Fat: 14.95g (23%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.64g (2.41%), Sugar: 2.72g (3.02%), Cholesterol: 29.48mg (9.83%), Sodium: 538.53mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.49%), Vitamin C: 187.34mg (227.08%), Vitamin A: 2225.96IU (44.52%), Calcium: 314.61mg (31.46%), Vitamin K: 32.35µg (30.81%), Phosphorus: 246.08mg (24.61%), Vitamin B6: 0.3mg (14.93%), Vitamin E: 2.02mg (13.5%), Folate: 47.1µg (11.78%), Vitamin B2: 0.17mg (10.11%), Potassium: 284.49mg (8.13%), Fiber: 1.83g (7.34%), Manganese: 0.14mg (7.24%), Magnesium: 26.66mg (6.66%), Zinc: 1mg (6.65%), Selenium: 4.35µg (6.22%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.32µg (5.29%), Iron: 0.88mg (4.9%), Copper: 0.08mg (4.23%), Vitamin B5: 0.41mg (4.15%), Vitamin B1: 0.06mg (4.04%)