



Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 1 pint cherry tomatoes halved
- ☐ 1 cup basil leaves fresh packed
- ☐ 3 garlic cloves finely chopped
- ☐ 1 cup mozzarella cheese cubed
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion diced
- ☐ 4 bell peppers red halved

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 8 servings salt and pepper black freshly ground

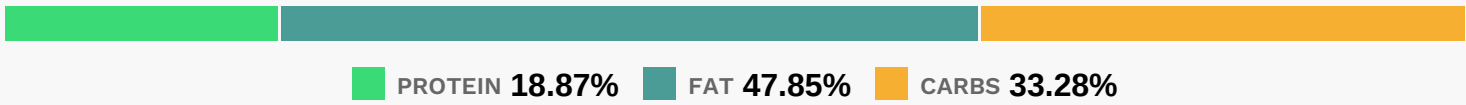
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Lightly oil a large shallow baking pan with 1 tablespoon olive oil.
- ☐ Arrange peppers, cut sides up, in baking pan, and lightly oil the cut edges and stems.
- ☐ In a bowl, toss the tomatoes, onion, basil, garlic, 2 tablespoons oil, red pepper flakes, mozzarella, and salt and pepper, to taste.
- ☐ Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:12.754782744076%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 5.17g (7.96%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.72g (5.25%), Cholesterol: 11.06mg (3.69%), Sodium: 98.61mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin C: 91.55mg (110.98%), Vitamin A: 2424.52IU (48.49%), Vitamin K: 18.7µg (17.81%), Vitamin B6: 0.26mg (13.09%), Manganese: 0.22mg (10.89%),

Vitamin E: 1.6mg (10.68%), Folate: 40.76µg (10.19%), Calcium: 92.55mg (9.25%), Phosphorus: 89.33mg (8.93%), Potassium: 301.13mg (8.6%), Fiber: 2.02g (8.06%), Vitamin B2: 0.11mg (6.54%), Vitamin B12: 0.32µg (5.32%), Iron: 0.89mg (4.96%), Vitamin B3: 0.97mg (4.86%), Magnesium: 19.1mg (4.78%), Zinc: 0.7mg (4.7%), Vitamin B1: 0.07mg (4.5%), Selenium: 2.99µg (4.27%), Copper: 0.08mg (3.91%), Vitamin B5: 0.32mg (3.16%)