



HEALTH SCORE

53%

Roasted Peppers Stuffed with Cherry Tomatoes, Onion, and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients



1 pint cherry tomatoes



1 cup basil fresh packed



3 garlic clove



3 tablespoons olive oil



1 medium onion



4 bell pepper red

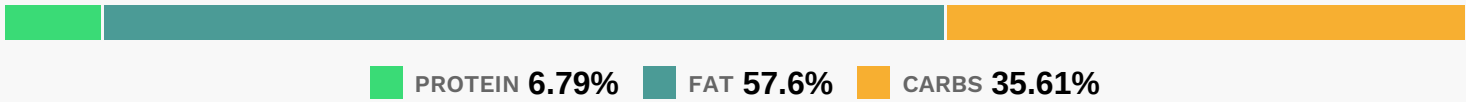
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F and lightly oil a large shallow baking pan.
- ☐ Halve bell peppers lengthwise and discard seeds and ribs. Arrange peppers, cut sides up, in baking pan and lightly oil cut edges and stems. Halve tomatoes and chop onion and basil. Finely chop garlic and in a bowl toss with tomatoes, onion, basil, 2 tablespoons oil, 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:19.88, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:11.533913088881%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg 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: 80.39kcal (4.02%), Fat: 5.53g (8.51%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 9.85mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 91.55mg (110.97%), Vitamin A: 2310.8IU (46.22%), Vitamin K: 20.26µg (19.29%), Vitamin E: 2.06mg (13.7%), Vitamin B6: 0.25mg (12.75%), Manganese: 0.2mg (9.99%), Folate: 39.75µg (9.94%), Potassium: 287.97mg (8.23%), Fiber: 1.97g (7.88%), Vitamin B3: 0.95mg (4.74%), Iron: 0.83mg (4.61%), Vitamin B1: 0.06mg (4.2%), Vitamin B2: 0.07mg (4.17%), Magnesium: 16.04mg (4.01%), Phosphorus: 39.42mg (3.94%), Copper: 0.07mg (3.74%), Vitamin B5: 0.29mg (2.95%), Calcium: 21.23mg (2.12%), Zinc: 0.29mg (1.95%)