



## Roasted Peppers with Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



74 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 4 poblano chiles
- ☐ 2 large pasilla peppers sweet red
- ☐ 0.3 teaspoon salt
- ☐ 4 large baby squash yellow

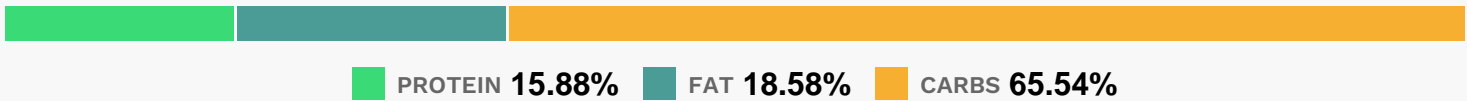
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ slotted spoon

## Directions

- ☐ Cut poblano chiles and red peppers in half lengthwise; remove and discard seeds and membranes.
- ☐ Place, skin side up, on a baking sheet; flatten with palm of hand.
- ☐ Cut squash in half lengthwise; coat squash with cooking spray.
- ☐ Place squash on baking sheet, cut side down. Broil peppers and squash 5 1/2 inches from heat (with electric door partially opened) 15 to 20 minutes or until peppers are charred.
- ☐ Place peppers in ice water until cool. Broil squash 5 to 10 additional minutes or until charred.
- ☐ Place squash in ice water until cool.
- ☐ Remove peppers and squash from water; peel and discard skins.
- ☐ Cut into 1/2-inch strips.
- ☐ Combine vinegar and remaining ingredients in a small bowl; stir well.
- ☐ Combine pepper strips and squash in a bowl; add vinegar mixture, and toss gently. Cover and chill until ready to serve.
- ☐ Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:22.29, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:15.966956454775%

## Flavonoids

Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 73.61kcal (3.68%), Fat: 1.73g (2.67%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 9.57g (3.48%), Sugar: 9.02g (10.03%), Cholesterol: 0mg (0%), Sodium: 92.79mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Vitamin C: 146.03mg (177%), Vitamin A: 2088.23IU (41.76%), Vitamin B6: 0.69mg (34.56%), Manganese: 0.48mg (23.98%), Folate: 81.89µg (20.47%), Potassium: 712.62mg (20.36%), Vitamin B2: 0.32mg (18.89%), Fiber: 4.19g (16.75%), Vitamin K: 13.67µg (13.02%), Magnesium: 45.02mg (11.25%), Vitamin B1: 0.15mg (10.18%), Phosphorus: 97.76mg (9.78%), Vitamin E: 1.38mg (9.19%), Vitamin B3: 1.68mg (8.42%), Copper: 0.15mg (7.52%), Iron: 1.16mg (6.43%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.75mg (4.99%), Calcium: 40.6mg (4.06%)