



Roasted Peppers with Black Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- 8 olives black mediterranean-style pitted
- 20 small leaves mint leaves fresh
- 1 small clove garlic chopped
- 3 tablespoons olive oil extra-virgin
- 3 orange bell peppers
- 3 bell peppers red
- 1 tablespoon red wine vinegar
- 8 servings salt and pepper

3 bell peppers yellow

Equipment

bowl

plastic wrap

Directions

Broil peppers 4 to 5 inches below heat source, turning every 5 minutes, until skins are blackened, about 25 minutes.

Transfer to a large bowl, cover with a large plate or plastic wrap and let steam until cool enough to handle. Peel peppers, trim, discard seeds and ribs, and cut lengthwise into 1/2-inch-wide strips.

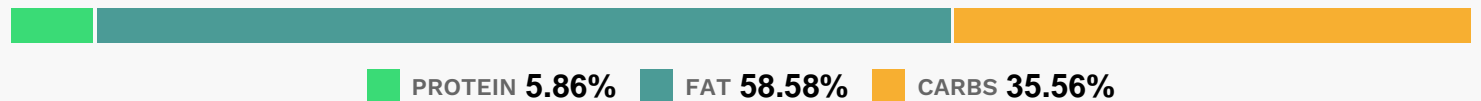
In a serving bowl, toss together peppers, oil, vinegar and garlic; season with salt and pepper.

Let stand at least 1 hour before serving. (Salad can be refrigerated, tightly wrapped, for up to 3 days.)

Just before serving, toss olives with peppers.

Sprinkle salad with mint and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:11.96478263969%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 88.47kcal (4.42%), Fat: 6.23g (9.58%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 261.01mg (11.35%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 196.29mg (237.93%), Vitamin A: 2904.73IU (58.09%), Vitamin B6: 0.34mg (17.04%), Vitamin E: 2.32mg (15.46%), Folate: 52.93µg (13.23%), Fiber: 2.43g (9.7%), Potassium: 287.64mg (8.22%), Manganese: 0.16mg (8.06%), Vitamin K: 7.6µg (7.23%), Vitamin B3: 1.29mg (6.43%), Vitamin B2: 0.09mg (5.18%), Magnesium: 16.78mg (4.19%), Vitamin B1: 0.06mg (4.16%), Iron: 0.66mg (3.67%), Vitamin B5: 0.36mg (3.61%), Phosphorus: 34.89mg (3.49%), Copper: 0.07mg (3.48%), Zinc: 0.31mg (2.05%), Calcium: 14.5mg (1.45%)