



Roasted Peppers with Boquerones



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



12

CALORIES



28 kcal

SIDE DISH

Ingredients

- ☐ 12 anchovy white dry halved lengthwise drained (anchovy fillets in vinegar)
- ☐ 6 large bell peppers red (3 pounds total)
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 teaspoon sugar

Equipment

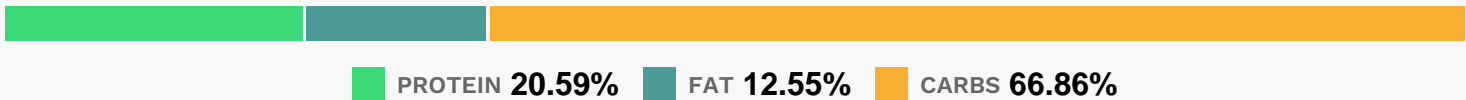
- ☐ bowl
- ☐ sieve
- ☐ plastic wrap

- ☐ broiler
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Broil bell peppers on a broiler pan about 5 inches from heat, turning occasionally with tongs, until skins are blackened, 15 to 20 minutes.
- ☐ Transfer to a large bowl and cover bowl tightly with plastic wrap, then let steam 20 minutes.
- ☐ When peppers are cool enough to handle, peel them, reserving all juices in bowl, and discard stems and seeds.
- ☐ Cut peppers lengthwise into 1/4-inch-wide strips.
- ☐ Pour pepper juices through a sieve into another bowl, then add vinegar and sugar to juices, stirring until sugar is dissolved, then stir in peppers. Marinate peppers at room temperature, stirring occasionally, at least 2 hours.
- ☐ Spoon peppers and juices into a shallow bowl and arrange anchovy strips decoratively on top.
- ☐ Peppers can marinate (without anchovies), covered and chilled, up to 3 days. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:10.237826099862%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 28.08kcal (1.4%), Fat: 0.44g (0.68%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.56g (1.29%), Sugar: 3.78g (4.2%), Cholesterol: 2.4mg (0.8%), Sodium: 7.54mg (0.33%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin C: 104.97mg (127.23%), Vitamin A: 2569.42IU (51.39%), Vitamin B6: 0.24mg (12.22%), Folate: 38.08µg (9.52%), Vitamin E: 1.32mg (8.79%), Fiber: 1.72g (6.89%), Vitamin B3: 1.36mg (6.82%), Potassium: 188.83mg (5.4%), Manganese: 0.1mg (4.76%), Vitamin B2: 0.08mg (4.71%), Vitamin K: 4.02µg (3.83%), Vitamin B1: 0.05mg (3.1%), Magnesium: 11.53mg (2.88%), Vitamin B5: 0.29mg (2.86%), Phosphorus: 28.38mg (2.84%), Iron: 0.49mg (2.71%), Selenium: 1.54µg (2.21%), Zinc: 0.27mg (1.83%), Calcium: 11.7mg (1.17%), Copper: 0.02mg (1.13%)