



Roasted Peppers with Caper Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon anchovy paste
- ☐ 2 tablespoons capers drained
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 2 bell peppers red
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons red-wine vinegar

☐ 2 bell peppers yellow

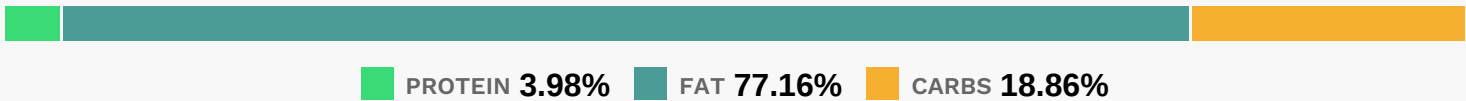
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Roast the peppers over a gas flame or grill or broil them, turning with tongs, until charred all over, about 10 minutes. When the peppers are cool enough to handle, pull off the skin.
- ☐ Remove the stems, seeds, and ribs.
- ☐ Cut the peppers lengthwise into 1/2-inch strips.
- ☐ In a large glass or stainless-steel bowl, using a fork, stir together the lemon juice, anchovy paste, vinegar, salt, and pepper. Stir in the oil.
- ☐ Add the peppers and capers and toss.
- ☐ Add a small can of drained tuna.
- ☐ Shortcut: To roast the peppers quickly and with little mess, stand them upright and cut the flesh from each of the four sides, leaving the stem, seeds, and core behind.
- ☐ Put the peppers on an aluminum-foil-lined baking sheet, cut-side down, and broil until charred. Peel off the blackened skin.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:11.252608689925%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 154.96kcal (7.75%), Fat: 13.95g (21.47%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.53g (2.81%), Cholesterol: 0.96mg (0.32%), Sodium: 592.1mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 185.77mg (225.17%), Vitamin A: 1988.64IU (39.77%), Vitamin E: 2.96mg (19.73%), Vitamin B6: 0.28mg (13.85%), Vitamin K: 12.37µg (11.78%), Folate: 44.05µg (11.01%), Manganese: 0.16mg (7.93%), Fiber: 1.95g (7.79%), Potassium: 262.67mg (7.5%), Vitamin B3: 1.36mg (6.82%), Copper: 0.09mg (4.74%), Vitamin B2: 0.08mg (4.44%), Magnesium: 16.71mg (4.18%), Iron: 0.75mg (4.16%), Vitamin B1: 0.05mg (3.38%), Phosphorus: 33.38mg (3.34%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.29mg (1.96%), Calcium: 16.03mg (1.6%), Selenium: 1.06µg (1.51%)