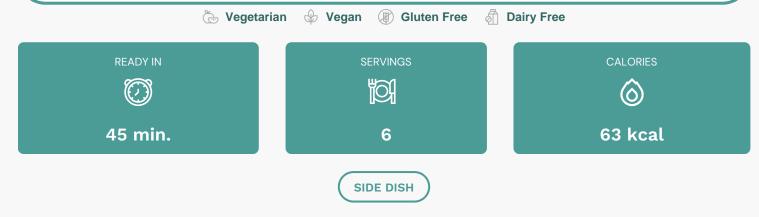


Roasted Peppers with Garlic



Ingredients

1 large garlic clove
2 tablespoons olive oil extra virgin extra-virgin
2 bell pepper red
2 bell pepper yellow

Equipment

bowl
broiler
stova

	tongs	
	broiler pan	
Dir	rections	
	Preheat broiler. Quarter bell peppers lengthwise and discard stems, seeds, and ribs. Arrange peppers, skin sides up, on rack of a broiler pan and broil about 2 inches from heat until skins are blistered, 8 to 12 minutes. (Alternatively, lay whole peppers on their sides on racks of burners of a gas stove and turn flames on high. Char peppers, turning them with tongs, until skins are blackened, 5 to 8 minutes.)	
	Transfer roasted peppers to a bowl and let stand, covered, until cool enough to handle. Peel peppers and cut each quarter lengthwise into 2 or 3 strips. Thinly slice garlic and in a bowl toss with peppers, oil, and salt to taste. Marinate peppers, covered and chilled, at least 3 hours and up to 3 days.	
Nutrition Facts		
	PROTEIN 4.87% FAT 65.06% CARBS 30.07%	

Properties

Glycemic Index:10.33, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:8.3795652298824%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 63.02kcal (3.15%), Fat: 4.87g (7.49%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.86g (1.41%), Sugar: 1.67g (1.86%), Cholesterol: Omg (0%), Sodium: 2.56mg (0.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 123.72mg (149.96%), Vitamin A: 1321.34IU (26.43%), Vitamin B6: 0.19mg (9.41%), Vitamin E: 1.3mg (8.66%), Folate: 28.58µg (7.14%), Manganese: 0.1mg (4.96%), Potassium: 169.84mg (4.85%), Fiber: 1.2g (4.8%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.74mg (3.72%), Vitamin B2: 0.04mg (2.6%), Copper: 0.05mg (2.53%), Magnesium: 9.65mg (2.41%), Vitamin B1: 0.03mg (2.24%), Iron: 0.39mg (2.15%), Phosphorus: 20.6mg (2.06%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.17mg (1.15%)