



Roasted Peppers with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

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

Equipment

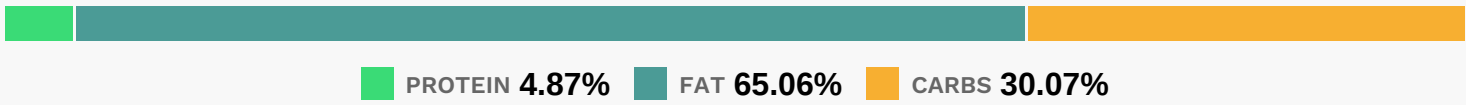
- ☐ bowl
- ☐ broiler
- ☐ stove

- ☐ tongs
- ☐ broiler pan

Directions

- ☐ 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



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, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 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: 0mg (0%), Sodium: 2.56mg (0.11%), Alcohol: 0g (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%)