



Roasted Peppers with Nectarines



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds anaheim chiles cored halved cut lengthwise into 1" strips (9)
- ☐ 8 servings pepper black freshly ground
- ☐ 2 pounds bell peppers green cored halved cut lengthwise into 1" strips (5)
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt plus more for seasoning
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 pounds nectarines ripe (5)

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon sugar

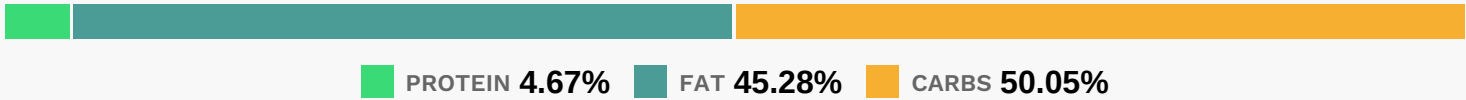
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400°F. Toss chiles, bellpeppers, oil, 1/2 teaspoon salt, sugar, coriander, and cumin in a large bowl. Season to taste with black pepper and toss to coat evenly. Arrange peppers in a single layer in a large roasting pan, overlapping as needed.
- ☐ Roast until peppers are soft and edges begin to brown, about 1 hour.
- ☐ Transfer to a large bowl. Halve, pit, and slice nectarines; add to warm peppers.
- ☐ Add lemon juice and toss to combine. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:11.664782587925%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 179.13kcal (8.96%), Fat: 9.54g (14.68%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 16.31g (5.93%), Sugar: 15.74g (17.49%), Cholesterol: 0mg (0%), Sodium: 541.45mg (23.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 108.81mg (131.89%), Fiber: 7.43g (29.74%), Vitamin E: 2.41mg (16.09%), Vitamin A: 797.51IU (15.95%), Vitamin K: 16.24µg (15.47%), Vitamin B6: 0.28mg (14.19%), Manganese: 0.22mg (10.81%), Potassium: 352.29mg (10.07%), Vitamin B3: 1.82mg (9.11%), Copper: 0.17mg (8.54%), Vitamin B1: 0.1mg (6.95%), Magnesium: 22.27mg (5.57%), Phosphorus: 53.04mg (5.3%), Iron: 0.84mg (4.67%), Folate: 18.54µg (4.64%), Vitamin B2: 0.06mg (3.72%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.39mg (2.63%), Calcium: 15.37mg (1.54%)