



HEALTH SCORE

69%

Roasted peppers with tomatoes & anchovies



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients



4 bell pepper red halved deseeded



50 g oil-packed anchovies drained in oil canned



8 smallish tomatoes halved



2 garlic clove thinly sliced



2 rosemary



2 tbsp olive oil

Equipment



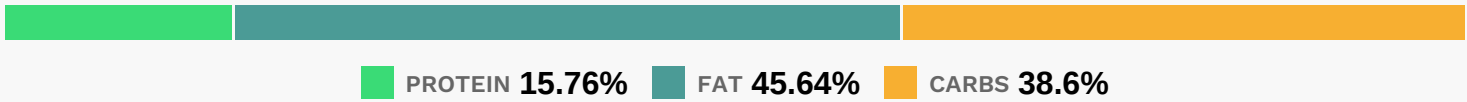
oven

☐ baking pan

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Put the peppers into a large baking dish, toss with a little of the oil from the anchovy can, then turn cut-side up. Roast for 40 mins, until soft but not collapsed.
- ☐ Slice 8 of the anchovies along their length. Put 2 halves of tomato, several garlic slices, a few little rosemary sprigs and two pieces of anchovy into the hollow of each pepper.
- ☐ Drizzle over the olive oil, then roast again for 30 mins until the tomatoes are soft and the peppers are filled with pools of tasty juice. Leave to cool and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:22.368260922639%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 165.75kcal (8.29%), Fat: 9.08g (13.97%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 11.77g (4.28%), Sugar: 11.48g (12.76%), Cholesterol: 10.63mg (3.54%), Sodium: 476.23mg (20.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin C: 186.52mg (226.09%), Vitamin A: 5781.77IU (115.64%), Vitamin E: 4.63mg (30.89%), Vitamin K: 31.02µg (29.54%), Vitamin B6: 0.59mg (29.4%), Potassium: 908.67mg (25.96%), Vitamin B3: 5.12mg (25.62%), Folate: 93.46µg (23.37%), Manganese: 0.45mg (22.61%), Fiber: 5.5g (22.02%), Selenium: 8.85µg (12.64%), Magnesium: 50.45mg (12.61%), Phosphorus: 123.81mg (12.38%), Vitamin B2: 0.2mg (11.48%), Vitamin B1: 0.17mg (11.22%), Copper: 0.21mg (10.63%), Iron: 1.83mg (10.19%), Vitamin B5: 0.72mg (7.19%), Zinc: 1.04mg (6.93%), Calcium: 65.36mg (6.54%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.21µg (1.42%)