



Roasted Poblano Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 0.1 teaspoon ground cumin
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 0.1 teaspoon pepper freshly ground
- 2 poblano chile peppers
- 1 bell pepper red

1 medium onion white cut into 1/2-inch slices

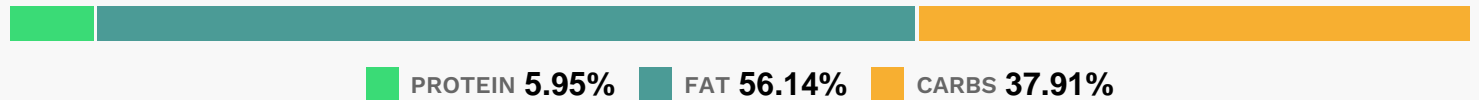
Equipment

grill

Directions

- Brush onion slices with 1 tablespoon olive oil. Grill, without grill lid, over high heat (400 to 500°F) to 8 minutes or until tender.
- Cut each slice in half; set aside.
- Grill poblano chile peppers and red bell pepper, without grill lid, over high heat (400 to 500°F) to 10 minutes or until skins are blistered and blackened.
- Place peppers in a heavy-duty zip-top bag; seal, and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- Cut peppers into 1/2-inch strips.
- Combine onion, peppers, 1 teaspoon oil, and remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:3.7417391192006%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 28.33kcal (1.42%), Fat: 1.89g (2.91%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 118.01mg (5.13%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 35.19mg (42.66%), Vitamin A: 464.02IU (9.28%), Vitamin B6: 0.1mg (5.07%), Vitamin E: 0.54mg (3.6%), Vitamin K: 3.64µg (3.46%), Fiber: 0.85g (3.41%), Manganese: 0.06mg (3.05%), Folate: 9.98µg (2.49%), Potassium: 83.85mg (2.4%), Vitamin B1: 0.03mg (1.68%), Magnesium: 5.06mg (1.26%), Vitamin B3: 0.25mg (1.23%), Vitamin B2: 0.02mg (1.17%), Copper: 0.02mg (1.14%), Phosphorus:

11.23mg (1.12%), Iron: 0.19mg (1.03%)