



WHATSheATE



## Roasted Red Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



10

CALORIES



43 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon sea salt (preferably Sicilian)
- ☐ 2 small garlic cloves very thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 5 bell peppers red

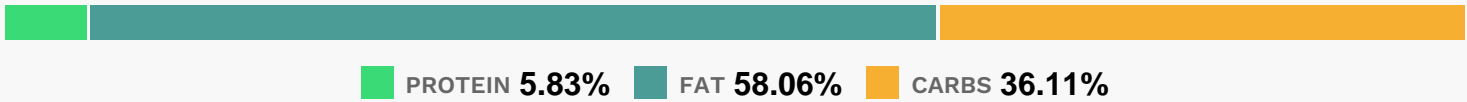
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ tongs
- ☐ broiler pan

## Directions

- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is hot when you can hold your hand 5 inches above rack for 1 to 2 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- ☐ Lay bell peppers on their sides on lightly oiled grill rack and roast, turning occasionally with tongs, until skins are blackened, 10 to 12 minutes.
- ☐ Transfer to a bowl, then cover and let steam 10 minutes. Peel and seed peppers (reserving juices), then cut into 1/4-inch-thick strips.
- ☐ Stir together peppers (with their juices), garlic, oil, vinegar, oregano, sea salt, and pepper and marinate 30 minutes at room temperature.
- ☐ •If your sea salt is very granular and pebblelike, crush it using the flat side of a large heavy knife or the bottom of a heavy skillet. •If you're unable to grill outdoors, peppers can be broiled on rack of a broiler pan about 2 inches from heat 10 to 20 minutes. •Peppers can be roasted and cut into strips (but not marinated) 2 days ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:14.9, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:8.6639128683702%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 42.79kcal (2.14%), Fat: 3g (4.62%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 177.14mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 76.36mg (92.56%), Vitamin A: 1871.78IU (37.44%), Vitamin E: 1.44mg (9.57%), Vitamin B6: 0.19mg (9.3%), Vitamin K: 7.8µg (7.43%), Folate: 28.58µg (7.15%), Fiber: 1.49g (5.95%), Manganese: 0.11mg (5.44%), Potassium: 135.26mg (3.86%), Vitamin B2: 0.05mg (3.17%), Vitamin B3: 0.61mg (3.05%), Iron: 0.47mg (2.63%), Vitamin B1: 0.03mg (2.28%), Magnesium: 8.76mg (2.19%), Vitamin B5: 0.2mg (1.97%), Phosphorus: 17.25mg (1.73%), Calcium: 13.66mg (1.37%), Zinc: 0.17mg (1.14%)