



Roasted Red Pepper Salad with Bacon Dressing and Pine Nuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces bacon
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup pinenuts toasted
- ☐ 4 medium size bell peppers red
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 1 tablespoon sherry wine vinegar
- ☐ 4 medium size bell peppers yellow

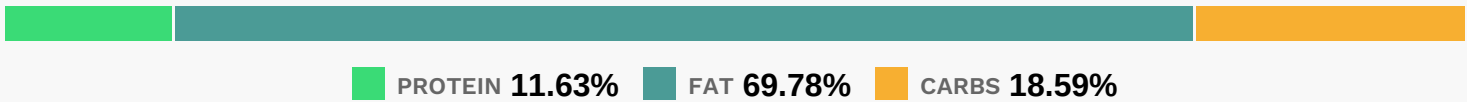
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Char peppers over open flame or in broiler until blackened on all sides.
- ☐ Transfer peppers to large bowl; cover tightly with plastic wrap.
- ☐ Let stand 15 minutes. Peel and seed peppers.
- ☐ Cut peppers into 1/3-inch-wide strips; place in medium bowl. (Can be prepared 6 hours ahead. Cover and let stand at room temperature.)
- ☐ Cook bacon in heavy large skillet over medium heat until crisp.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Add garlic and crushed red pepper to drippings in skillet and stir until garlic begins to brown, about 1 minute.
- ☐ Add thyme and stir 10 seconds. Stir in vinegar and 1/4 teaspoon salt.
- ☐ Pour warm dressing over peppers in bowl. Crumble bacon and add to peppers along with pine nuts; toss to coat. Season to taste with additional salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:13.540869603986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 180.3kcal (9.01%), Fat: 14.46g (22.25%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.62g (2.41%), Sugar: 2.66g (2.96%), Cholesterol: 18.71mg (6.24%), Sodium: 265.35mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Vitamin C: 186.42mg (225.96%), Vitamin A: 2036.01IU (40.72%), Manganese: 0.53mg (26.7%), Vitamin B6: 0.36mg (18.24%), Vitamin B3: 2.46mg (12.3%), Folate: 44.54µg (11.13%), Vitamin E: 1.48mg (9.87%), Potassium: 341.02mg (9.74%), Phosphorus: 96.85mg (9.68%), Vitamin B1: 0.14mg (9.62%), Selenium: 6.09µg (8.69%), Fiber: 2.05g (8.19%), Magnesium: 29.43mg (7.36%), Copper: 0.15mg (7.36%), Vitamin B2: 0.1mg (5.99%), Zinc: 0.88mg (5.85%), Iron: 1mg (5.55%), Vitamin K: 5.27µg (5.02%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.14µg (2.36%), Calcium: 16.55mg (1.65%)