



HEALTH SCORE

60%

Roasted Red Pepper Salad with Harissa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 teaspoons harissa (spicy North African condiment)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup raisins
- ☐ 2 lb bell pepper red
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.3 cup walnut pieces toasted finely chopped

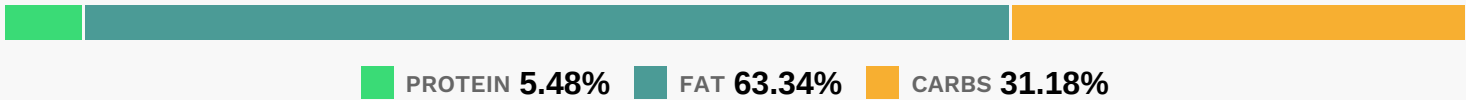
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ broiler
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Arrange peppers on a broiler pan and broil peppers about 2 inches from heat, turning occasionally with tongs, until skins are blackened, 20 to 30 minutes.
- ☐ Transfer to a large bowl and cover tightly with plastic wrap, then let stand 20 minutes. When cool enough to handle, peel peppers, discarding stems and seeds, and quarter each lengthwise.
- ☐ While peppers are broiling, soak raisins in 1 cup hot water 15 minutes, then drain well in a sieve.
- ☐ Whisk together lemon juice, harissa, and sea salt, then whisk in oil until combined well.
- ☐ Toss peppers with dressing and sprinkle with raisins and walnuts.
- ☐ *Available at Kalustyan's (800-352-3451).
- ☐ Roasted peppers can be tossed with dressing 1 day ahead and chilled, covered. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:16.887825971064%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:

0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 181.05kcal (9.05%), Fat: 13.74g (21.13%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 11.16g (4.06%), Sugar: 6.75g (7.5%), Cholesterol: 0mg (0%), Sodium: 215.84mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin C: 195.56mg (237.04%), Vitamin A: 4742.6IU (94.85%), Vitamin E: 3.76mg (25.04%), Vitamin B6: 0.49mg (24.48%), Manganese: 0.41mg (20.42%), Folate: 76.95µg (19.24%), Fiber: 4.06g (16.23%), Vitamin K: 13.06µg (12.43%), Potassium: 405.38mg (11.58%), Vitamin B2: 0.15mg (8.86%), Vitamin B3: 1.64mg (8.2%), Magnesium: 30.58mg (7.65%), Vitamin B1: 0.11mg (7.49%), Copper: 0.15mg (7.47%), Phosphorus: 67.17mg (6.72%), Iron: 1.06mg (5.88%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.59mg (3.96%), Calcium: 19.29mg (1.93%)