



Roasted Red Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- 8 servings olive oil for rubbing
- 5 large bell pepper red halved lengthwise

Equipment

- bowl
- plastic wrap
- baking pan
- broiler

Directions

- Rub outsides of peppers with oil, then arrange peppers, cut sides down, in 1 layer in a large shallow baking pan.
- Preheat broiler
- Broil peppers 4 to 5 inches from heat until well charred (peppers will not char evenly, especially at ends), 20 to 25 minutes.
- Transfer to a bowl and cover tightly with plastic wrap, then let stand about 20 minutes.
- When peppers are cool enough to handle, peel off skin. Chop peppers and reserve 1/4 cup for saffron rouille
- (if making) or for another use.
- Roasted red peppers can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts

  
 **PROTEIN 2.58%**  **FAT 81.73%**  **CARBS 15.69%**

Properties

Glycemic Index:4, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:12.071304436611%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 150.41kcal (7.52%), Fat: 14.31g (22.01%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.03g (1.46%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 4.38mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 131.2mg (159.03%), Vitamin A: 3209.27IU (64.19%), Vitamin E: 3.64mg (24.24%), Vitamin B6: 0.3mg (14.91%), Vitamin K: 13.45µg (12.81%), Folate: 47.15µg (11.79%), Fiber: 2.15g (8.61%), Potassium: 216.41mg (6.18%), Manganese: 0.11mg (5.74%), Vitamin B2: 0.09mg (5.13%), Vitamin B3: 1mg (5.02%), Vitamin B1: 0.06mg (3.69%), Vitamin B5: 0.32mg (3.25%), Magnesium: 12.3mg (3.08%), Iron: 0.52mg (2.88%), Phosphorus: 26.65mg (2.66%), Zinc: 0.26mg (1.71%)