




 **30%**  
HEALTH SCORE

# Roasted red peppers and tomatoes salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



2

CALORIES



152 kcal

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 bell pepper red
- 1 tomatoes ripe
- 2 servings onion red peeled thinly sliced
- 2 servings capers
- 2 servings olive oil
- 2 servings coarse salt
- 2 servings pepper black
- 2 servings thyme sprigs fresh

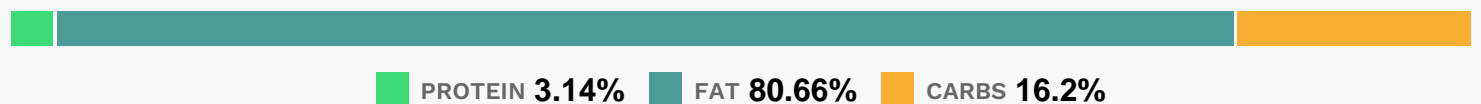
## Equipment

- bowl
- baking sheet
- grill
- broiler

## Directions

- Char the red bell pepper over a grill or gas flame, or on a cookie sheet under the broiler. Turn the peppers as their skin blisters and chars on all sides.
- Transfer to a bowl and cover.
- When peppers are cool to the touch, peel off the skin with your fingers, pull off stems, then tear them open and remove and discard seeds.
- Cut into large pieces
- Arrange 1 thickly sliced ripe tomato and the large bell peppers pieces.
- Scatter with thinly sliced red onion and capers.
- Drizzle with olive oil, season to taste with coarse salt and cracked black pepper and garnish with thyme.

## Nutrition Facts



## Properties

Glycemic Index:87, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:11.574347826087%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 152.42kcal (7.62%), Fat: 14.34g (22.06%), Saturated Fat: 2g (12.47%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.25g (1.54%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 255.06mg (11.09%), Protein: 1.25g (2.51%), Vitamin C: 86.35mg (104.66%), Vitamin A: 2426.08IU (48.52%), Vitamin E: 3.31mg (22.05%), Vitamin K: 16.86µg (16.06%), Vitamin B6: 0.23mg (11.39%), Folate: 37.71µg (9.43%), Fiber: 2.23g (8.94%), Manganese: 0.17mg (8.5%), Potassium: 281.16mg (8.03%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.07mg (4.13%), Magnesium: 16.44mg (4.11%), Iron: 0.72mg (4.01%), Vitamin B1: 0.06mg (3.75%), Phosphorus: 31.94mg (3.19%), Copper: 0.06mg (3.07%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.28mg (1.87%), Calcium: 16.1mg (1.61%)