



## Roasted Sweet Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup torn basil fresh
- 1.5 pounds bell peppers sweet mini
- 2 tablespoons chives fresh chopped
- 3 garlic cloves unpeeled
- 0.8 teaspoon kosher salt
- 1 teaspoon lemon zest loosely packed
- 2 tablespoons olive oil
- 0.5 teaspoon pepper dried red crushed

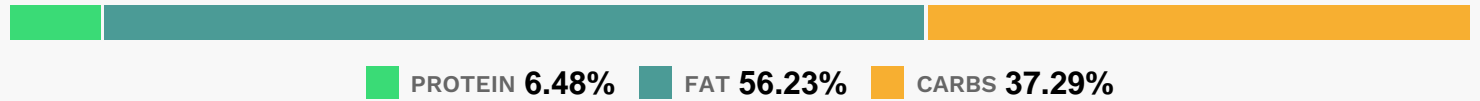
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 45
- Toss together mini bell peppers, garlic cloves, and olive oil.
- Bake in a single layer in a jelly-roll pan 25 to 30 minutes or until peppers look blistered, stirring every 10 minutes. Peel, seed, and coarsely chop peppers. Peel and slice garlic; stir into peppers. Stir in basil, chives, lemon zest, kosher salt, and dried crushed red pepper. Spoon into 1 (1-pt.) jar. Store in refrigerator up to 1 week.
- TO USE THE ROASTED SWEET PEPPERS: Spoon over toasted French bread slices, or serve on a cheese tray.
- PACKAGE THEM IN: Weck Short 8-oz. and 5-oz. Glass Jars (\$50/each; westelm.com)

## Nutrition Facts



## Properties

Glycemic Index:11.8, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:6.5482608760181%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 29.65kcal (1.48%), Fat: 2.02g (3.11%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2g (0.73%), Sugar: 1.93g (2.14%), Cholesterol: 0mg (0%), Sodium: 119.36mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 58.72mg (71.18%), Vitamin A: 1478.6IU (29.57%), Vitamin B6: 0.14mg (7.11%), Vitamin E: 1.02mg (6.77%), Vitamin K: 5.94µg (5.66%), Folate: 21.61µg (5.4%), Fiber: 1.02g (4.08%), Manganese: 0.07mg (3.42%), Potassium: 102.03mg (2.92%), Vitamin B2: 0.04mg (2.39%), Vitamin B3: 0.46mg (2.31%), Vitamin B1: 0.03mg (1.76%), Magnesium: 6.14mg (1.53%), Vitamin B5: 0.15mg (1.51%), Iron: 0.25mg

(1.38%), Phosphorus: 13.38mg (1.34%)