



Roasted Tricolored Peppers with Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



5 inch bread french cut



1 tablespoon olive oil extravirgin



0.3 cup basil fresh thinly sliced



2 tablespoons cilantro leaves fresh chopped



1 large and orange peppers



1 large bell pepper red



0.5 cup onion red chopped

- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 large bell pepper yellow

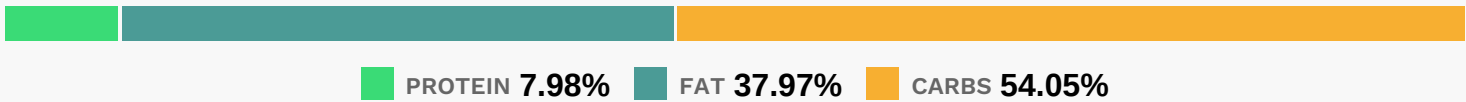
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and finely chop.
- ☐ Combine bell pepper, onion, basil, and cilantro in a medium bowl.
- ☐ Combine vinegar, oil, sugar, and black pepper in a small bowl, stirring with a whisk.
- ☐ Pour vinegar mixture over bell pepper mixture, tossing to coat. Cover and chill 2 hours.
- ☐ Serve with bread slices.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:7.3713045197984%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 35.77kcal (1.79%), Fat: 1.61g (2.48%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 76.85mg (93.16%), Vitamin A: 1101.68IU (22.03%), Vitamin B6: 0.14mg (6.95%), Folate: 22.99µg (5.75%), Vitamin K: 5.36µg (5.11%), Manganese: 0.1mg (4.95%), Vitamin E: 0.73mg (4.87%), Fiber: 1.07g (4.27%), Potassium: 126.16mg (3.6%), Vitamin B3: 0.57mg (2.87%), Vitamin B2: 0.04mg (2.28%), Vitamin B1: 0.03mg (2.14%), Magnesium: 8.1mg (2.02%), Iron: 0.34mg (1.87%), Phosphorus: 17.64mg (1.76%), Copper: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.58%)