



HEALTH SCORE

59%

## Sherry-Braised Roasted Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons capers
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 large garlic cloves minced
- ☐ 1 pound bell peppers green
- ☐ 1 tablespoon olive oil
- ☐ 1 pound bell peppers red

- ☐ 0.3 teaspoon salt
- ☐ 1 pound bell peppers yellow

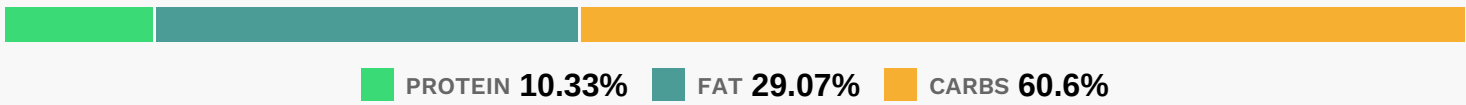
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

## Directions

- ☐ Preheat broiler.
- ☐ Cut peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and cut pepper halves into 1/2-inch-wide strips.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add capers, rosemary, thyme, and garlic; saut 1 minute. Reduce heat to medium.
- ☐ Add sherry; cook 1 minute.
- ☐ Add pepper strips and salt; cook 2 minutes or until thoroughly heated.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:14.12130433321%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.95mg, Luteolin: 4.95mg, Luteolin: 4.95mg, Luteolin: 4.95mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 82.38kcal (4.12%), Fat: 2.88g (4.43%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 9.81g (3.57%), Sugar: 5.06g (5.62%), Cholesterol: 0mg (0%), Sodium: 178.04mg (7.74%), Alcohol: 0.51g (100%), Alcohol %: 0.27% (100%), Protein: 2.3g (4.61%), Vitamin C: 297.24mg (360.29%), Vitamin A: 2818IU (56.36%), Vitamin B6: 0.53mg (26.65%), Folate: 62.85µg (15.71%), Fiber: 3.71g (14.83%), Manganese: 0.3mg (14.81%), Potassium: 462.89mg (13.23%), Vitamin E: 1.83mg (12.23%), Vitamin K: 11.4µg (10.85%), Vitamin B3: 1.81mg (9.06%), Copper: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.2%), Magnesium: 27.88mg (6.97%), Vitamin B2: 0.11mg (6.56%), Iron: 1.08mg (5.99%), Phosphorus: 55.98mg (5.6%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.45mg (2.99%), Calcium: 25.98mg (2.6%)