



Sweet Pepper-Tomato Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup firmly basil leaves fresh packed chopped
- 0.5 cup golden raisins coarsely chopped
- 1 bell pepper green chopped
- 4 green onions sliced
- 0.5 teaspoon coarsely ground pepper
- 2 tablespoons olive oil
- 0.5 cup olives spanish pitted quartered
- 1 teaspoon salt

- 2 large tomatoes seeded chopped
- 1 tablespoon citrus champagne vinegar
- 1 bell pepper yellow chopped

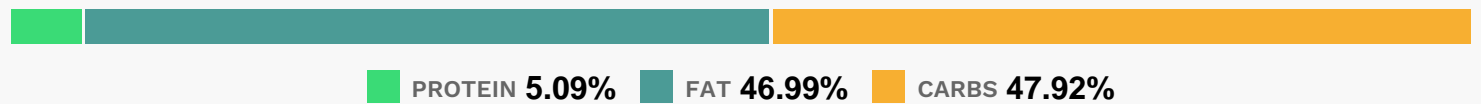
Equipment

- bowl

Directions

- Stir together first 4 ingredients in a large bowl.
- Add tomatoes and next 5 ingredients, tossing gently to combine.
- Let stand 15 minutes. Gently stir in basil just before serving.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:2.4, Inflammation Score:-4, Nutrition Score:3.7043478352868%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 47.19kcal (2.36%), Fat: 2.67g (4.1%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 228.08mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 25.09mg (30.42%), Vitamin K: 12.25µg (11.67%), Vitamin A: 318.42IU (6.37%), Vitamin E: 0.63mg (4.19%), Manganese: 0.08mg (4.03%), Potassium: 137.5mg (3.93%), Fiber: 0.95g (3.78%), Vitamin B6: 0.07mg (3.51%), Copper: 0.06mg (2.81%), Folate: 9.11µg (2.28%), Magnesium: 7.66mg (1.91%), Iron: 0.32mg (1.78%), Vitamin B3: 0.34mg (1.7%), Phosphorus: 16.65mg (1.66%), Vitamin B1: 0.02mg (1.27%), Vitamin B2: 0.02mg (1.26%), Calcium: 12.48mg (1.25%)