



Tangy roasted peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 5 tbsp olive oil
- ☐ 4 bell pepper red yellow (, or orange are best)
- ☐ 1 garlic clove crushed
- ☐ 2 tbsp red wine vinegar
- ☐ 1 handful capers rinsed
- ☐ 1 handful parsley roughly chopped

Equipment

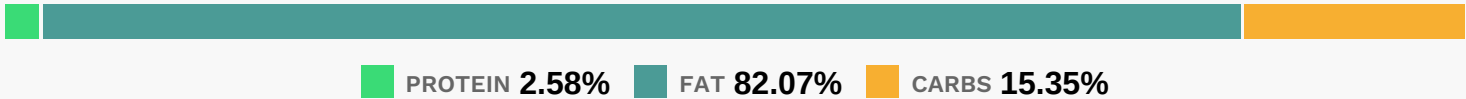
- ☐ whisk

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Rub 1 tbsp olive oil all over the peppers, then place on the barbecue or under a grill, turning until blackened all over. Put in a plastic bag, seal and leave until cool enough to handle.
- ☐ Peel the blackened skin from the peppers, remove the stems, membrane and seeds, then tear into strips. Arrange on a platter or plate.
- ☐ Whisk together the remaining olive oil, garlic and vinegar with some seasoning.
- ☐ Drizzle the dressing over the peppers, then scatter with capers and parsley.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:9.0665218039699%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 94.3kcal (4.71%), Fat: 8.94g (13.75%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 76.97mg (93.29%), Vitamin A: 1905.27IU (38.11%), Vitamin K: 16.42µg (15.64%), Vitamin E: 2.21mg (14.7%), Vitamin B6: 0.18mg (8.91%), Folate: 28.17µg (7.04%), Fiber: 1.28g (5.11%), Manganese: 0.08mg (3.78%), Potassium: 131.41mg (3.75%), Vitamin B2: 0.05mg (3.04%), Vitamin B3: 0.59mg (2.96%), Vitamin B1: 0.03mg (2.22%), Iron: 0.36mg (2.01%), Vitamin B5: 0.19mg (1.93%), Magnesium: 7.67mg (1.92%), Phosphorus: 16.64mg (1.66%), Zinc: 0.16mg (1.07%)