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## Easy Grilled Peppers ♦♦

This recipe features easy grilled peppers that are perfect for a summer barbecue. The peppers are grilled until they are tender and slightly charred, giving them a smoky flavor. They can be served as a side dish or used as a topping for burgers and sandwiches. The recipe is simple and requires just a few ingredients.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>500 g</b>	Bell peppers
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

# Directions

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## Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cutting

Cut the bell peppers into quarters and remove the seeds and membranes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Mixing

In a bowl, toss the bell peppers with olive oil, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Grilling

Place the bell peppers on the grill and cook for 10-15 minutes, turning occasionally, until they are tender and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 5

### Resting

Remove the bell peppers from the grill and let them cool slightly. Serve hot or at room temperature.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 50 kcal

**Fat:** 3 g

**Protein:** 1 g

**Carbohydrates:** 5 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Barbecue

Picnic

## Meal Type

Breakfast Lunch Dinner Snack

## Kitchen Tools

Slow Cooker

## Course

Salads Snacks

## Cultural

Chinese New Year

## Cost

Over \$50

## Demographics

Teen Friendly Diabetic Friendly Heart Healthy

## Diet

Mediterranean Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet Fruitarian Diet Anti-Inflammatory Diet

## Cooking Method

Frying Whipping

## Difficulty Level

Easy

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