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Mild Peppers Recipe ♦♦

This recipe is a delicious and mild dish made with peppers. It can be enjoyed as a side dish or as a main course. The peppers are cooked to perfection, bringing out their natural sweetness and flavor. It's a versatile recipe that can be customized to your taste by adding different spices or ingredients.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	mild peppers
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt

0.5 tsp black pepper

1 tsp paprika

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the mild peppers into strips and remove the seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic cloves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, toss the sliced peppers with olive oil, minced garlic, salt, black pepper, and paprika until well coated.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Baking

Spread the seasoned peppers on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Roasting

Roast the peppers in the preheated oven for 20 minutes or until they are tender and slightly charred.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Resting

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
Sugars	5 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	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
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	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Course

Salads

Snacks

Cooking Method

Steaming

Blanching

Sautéing

Smoking

Grinding

Preparation

Cooling

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Pancreatitis

Liver disease

Gastroparesis

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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