

Mixed Roasted Capsicum/Peppers



2 Ingredients, 6 serves, 60 Minutes Total Time

500 grams capsicum (bell pepper) (A mix of sweet and hot peppers/capsicum & jalapeño)
2 tablespoons oil* (or fat/lard/butter)

Instructions

- Preheat oven to 350F/180C.
- Place the capsicum/peppers on a baking tray.
- Sprinkle with salt and pepper, and add blobs of fat/oil/lard/butter.
- Place in the oven and let the fat melt for a couple of minutes, then toss to combine.
- Roast for one hour, tossing a few times throughout.

Warnings

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	66
Total Fat	4g
Saturated Fat	--
Cholesterol	--
Sodium	3mg
Total Carbohydrate	5g
Dietary Fibre	2g
Sugars	4g
Protein	1g
Calcium	6mg
Iron	--
Magnesium	10mg
Phosphorus	22mg
Potassium	176mg
Vitamin C	106mg

Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	3mg