

Spanish Tapas Peppers

Yield: 7 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tapas-recipe-ideas>

Ingredients:

- 1/2 cup cream sherry
- 1/2 cup golden raisins
- 3 red bell peppers medium
- 2 yellow bell peppers medium
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper freshly
- 1 tablespoon minced garlic 3 cloves
- 3/4 cup green pitted olives chopped, 4 to 6 ounces with pits
- 8 oil packed anchovy fillets drained and minced, leave out for vegetarian version; see Recipe Note
- 1 tomato large, seeded and diced
- 1 saffron threads scant teaspoon, crumbled
- 2/3 cup fresh bread crumbs coarse, from a baguette, crusts removed
- 1/3 cup olive oil good
- fresh flat leaf parsley Minced

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 20 grams
3. Fat: 13 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 1090 milligrams
8. Sugar: 8 grams

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