



Bell Pepper Rajas



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.5 bell pepper green seeded cut into 6 strips
- ☐ 0.5 bell pepper red seeded cut into 6 strips
- ☐ 0.5 bell pepper yellow seeded cut into 6 strips
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 2 tablespoons olives ripe chopped
- ☐ 0.3 teaspoon pepper red crushed

Equipment

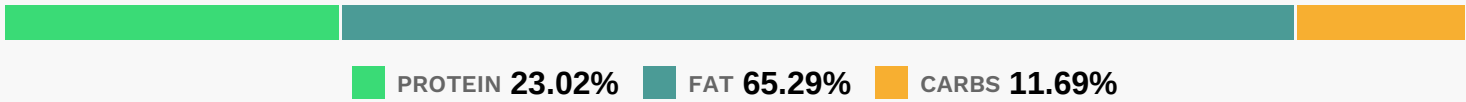
- ☐ frying pan

- ☐ oven
- ☐ pie form

Directions

- ☐ Cut bell pepper strips crosswise in half. Arrange close together in ungreased broilerproof pie pan, 9x1 1/4 inches, or round pan, 9x2 inches.
- ☐ Sprinkle with cheese, olives and red pepper.
- ☐ Set oven control to broil. Broil peppers with tops 3 to 4 inches from heat about 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:4.9308696181878%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 64.21kcal (3.21%), Fat: 4.78g (7.36%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.75g (0.83%), Cholesterol: 12.62mg (4.21%), Sodium: 128.91mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin C: 38.86mg (47.11%), Calcium: 110.18mg (11.02%), Vitamin A: 511.21IU (10.22%), Phosphorus: 70.23mg (7.02%), Vitamin B2: 0.07mg (4.11%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.48mg (3.23%), Selenium: 2.14µg (3.05%), Folate: 10.79µg (2.7%), Vitamin E: 0.36mg (2.42%), Fiber: 0.58g (2.33%), Potassium: 73.53mg (2.1%), Vitamin B12: 0.12µg (1.96%), Magnesium: 7.62mg (1.9%), Manganese: 0.04mg (1.89%), Vitamin K: 1.7µg (1.62%), Iron: 0.25mg (1.4%), Copper: 0.03mg (1.37%), Vitamin B3: 0.26mg (1.31%), Vitamin B1: 0.02mg (1.11%)