



HEALTH SCORE

56%

Braised Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds bell pepper strips red
- ☐ 1.3 pounds bell pepper strips yellow
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2.5 cups onion vertically sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water

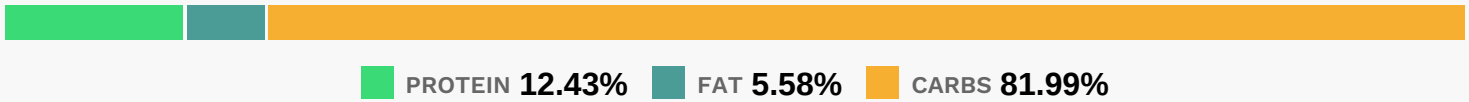
Equipment

- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the bell peppers, onion, salt, aniseed, and garlic; saut 15 minutes, stirring occasionally. Stir in the water and tomato paste. Bring mixture to a boil; reduce heat, and simmer 30 minutes or until bell peppers are soft. Stir in basil, vinegar, and black pepper.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:12.585652164791%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 62.53kcal (3.13%), Fat: 0.44g (0.67%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 11.3g (4.11%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 186.45mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin C: 225.64mg (273.5%), Vitamin A: 2436.4IU (48.73%), Vitamin B6: 0.4mg (20.19%), Folate: 61.21µg (15.3%), Manganese: 0.26mg (13.17%), Fiber: 3.18g (12.7%), Potassium: 418.69mg (11.96%), Vitamin E: 1.31mg (8.7%), Vitamin B3: 1.51mg (7.57%), Copper: 0.14mg (6.79%), Magnesium: 24.81mg (6.2%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.09mg (5.68%), Phosphorus: 54.79mg (5.48%), Vitamin K: 5.28µg (5.03%), Iron: 0.89mg (4.95%), Vitamin B5: 0.42mg (4.17%), Calcium: 29.75mg (2.98%), Zinc: 0.43mg (2.84%), Selenium: 0.86µg (1.22%)