



HEALTH SCORE

88%

Broccoli with Pan-Roasted Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients



1.8 cups bell pepper strips red 1-inch 2 medium



1.8 cups bell pepper strips yellow 1-inch 2 medium



0.3 teaspoon pepper black freshly ground



1.5 pounds broccoli florets



1 tablespoon olive oil



0.3 cup red wine vinegar



0.8 teaspoon salt



1 teaspoon sugar

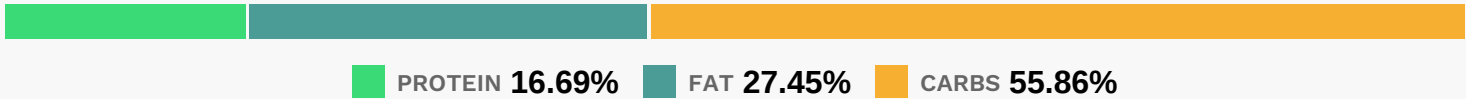
Equipment

- ☐ frying pan

Directions

- ☐ Cook broccoli in boiling water 4 minutes or until crisp-tender, and drain. Rinse with cold water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell peppers and red wine vinegar. Cover, reduce heat to medium, and cook 15 minutes or until peppers are tender, stirring frequently. Uncover; sprinkle with sugar. Increase heat to medium-high; cook 2 minutes or until liquid evaporates and bell peppers begin to brown, stirring constantly.
- ☐ Add broccoli; cook 2 minutes or until thoroughly heated, tossing to combine.
- ☐ Remove from heat, and stir in salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:27.68, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:18.807391374008%

Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 86.88kcal (4.34%), Fat: 2.98g (4.58%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 9.37g (3.41%), Sugar: 4.42g (4.91%), Cholesterol: 0mg (0%), Sodium: 331.58mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin C: 236.57mg (286.76%), Vitamin K: 119.34µg (113.65%), Vitamin A: 2154.52IU (43.09%), Folate: 102.75µg (25.69%), Vitamin B6: 0.4mg (19.91%), Manganese: 0.35mg (17.68%), Fiber: 4.27g (17.09%), Potassium: 547.25mg (15.64%), Vitamin E: 1.91mg (12.72%), Vitamin B2: 0.18mg (10.63%), Phosphorus: 97.5mg (9.75%), Magnesium: 34.79mg (8.7%), Vitamin B5: 0.86mg (8.62%), Vitamin B1: 0.12mg (7.75%), Vitamin B3: 1.54mg (7.69%), Iron: 1.28mg (7.13%), Calcium: 62.3mg (6.23%), Copper: 0.11mg (5.59%), Zinc: 0.65mg (4.35%), Selenium: 3.02µg (4.31%)