



Broccoli with Sweet Red Pepper and Garlic

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups broccoli florets
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 0.5 cup onion coarsely chopped
- ☐ 3 tablespoons water
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoon parmesan shredded

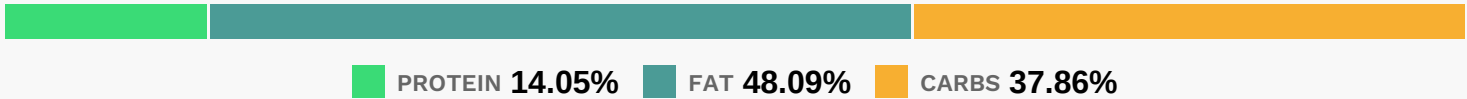
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Stir garlic into hot oil. Immediately add broccoli, bell pepper, onion and water. Cook 4 to 6 minutes, stirring constantly, until broccoli is crisp-tender and onion is beginning to brown. Stir in salt.
- ☐ Place in serving dish; top with cheese.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:12.46130430504%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 75.25kcal (3.76%), Fat: 4.35g (6.7%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 5.38g (1.95%), Sugar: 3.22g (3.58%), Cholesterol: 1.7mg (0.57%), Sodium: 203.51mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 90.21mg (109.35%), Vitamin K: 54.64µg (52.03%), Vitamin A: 1469.82IU (29.4%), Folate: 49.82µg (12.45%), Vitamin B6: 0.23mg (11.64%), Manganese: 0.19mg (9.45%), Fiber: 2.34g (9.35%), Vitamin E: 1.23mg (8.22%), Potassium: 259.92mg (7.43%), Phosphorus: 65.16mg (6.52%), Calcium: 61.33mg (6.13%), Vitamin B2: 0.1mg (5.9%), Magnesium: 17.62mg (4.4%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.7mg (3.48%), Iron: 0.58mg (3.23%), Selenium: 2.05µg (2.93%), Zinc: 0.4mg (2.68%), Copper: 0.04mg (2.18%)