



Garlic Vegetable Saute

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tablespoon butter
- ☐ 3 cloves garlic finely minced
- ☐ 1 jalapeno minced
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch paprika
- ☐ 1 bell pepper red cut into chunks
- ☐ 0.3 teaspoon salt

- ☐ 1 shallots sliced
- ☐ 1 bell pepper yellow cut into chunks
- ☐ 2 zucchini halved lengthwise sliced

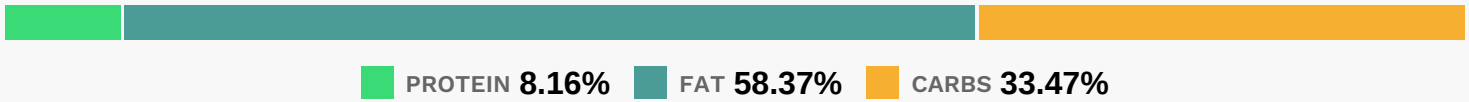
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil and butter in a large skillet; cook and stir garlic and jalapeno in hot skillet until softened, about 5 minutes.
- ☐ Add zucchini, yellow bell pepper, red bell pepper, and shallot; continue to cook and stir until tender, about 5 minutes more. Season with salt, pepper, and paprika.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:11.439130481495%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 97.65kcal (4.88%), Fat: 6.84g (10.52%), Saturated Fat: 2.4g (15%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.36g (4.85%), Cholesterol: 7.53mg (2.51%), Sodium: 178.82mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 115.57mg (140.08%), Vitamin A: 1325.48IU (26.51%), Vitamin B6: 0.36mg (18.07%), Manganese: 0.31mg (15.72%), Potassium: 423mg (12.09%), Folate: 48.21µg (12.05%), Fiber: 2.25g (9.01%), Vitamin E: 1.31mg (8.74%), Vitamin K: 8.94µg (8.52%), Vitamin B2: 0.13mg (7.81%), Magnesium: 27.47mg (6.87%), Phosphorus: 61.29mg (6.13%), Vitamin B3: 1.08mg (5.38%), Vitamin B1: 0.08mg (5.23%), Copper: 0.1mg (5.21%), Iron: 0.79mg (4.37%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.5mg (3.34%), Calcium: 29.31mg (2.93%), Selenium: 0.77µg (1.09%)