



Green Tomato and Bell Pepper Delight



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 celery chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 4 tomatoes green chopped
- ☐ 2 tablespoons olive oil

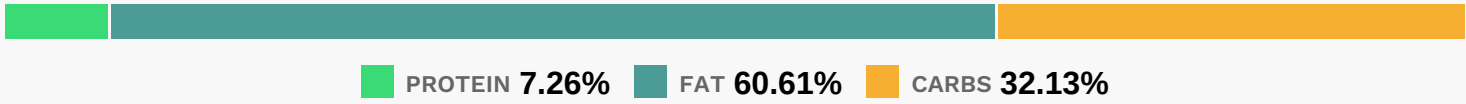
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat. Stir in green tomatoes, bell pepper, celery, green onions and apple cider vinegar.
- ☐ Saute until tender crisp, about 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:6.6282608457234%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 68.28kcal (3.41%), Fat: 4.89g (7.53%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.28g (1.56%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 22.91mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin C: 36.3mg (44%), Vitamin K: 24.75µg (23.57%), Vitamin A: 699.57IU (13.99%), Vitamin E: 1.12mg (7.43%), Potassium: 251.39mg (7.18%), Manganese: 0.14mg (6.94%), Fiber: 1.56g (6.23%), Vitamin B6: 0.12mg (6.16%), Copper: 0.1mg (4.76%), Vitamin B5: 0.47mg (4.65%), Vitamin B1: 0.07mg (4.37%), Folate: 16.72µg (4.18%), Iron: 0.61mg (3.38%), Phosphorus: 32.01mg (3.2%), Magnesium: 12.7mg (3.17%), Vitamin B2: 0.05mg (2.89%), Vitamin B3: 0.57mg (2.84%), Calcium: 21.25mg (2.13%)