



Herbed Pepper Medley



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chicken broth low-sodium undiluted canned
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 medium size bell pepper green
- ☐ 0.5 cup onion strips
- ☐ 1 medium size bell pepper sweet red
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 medium size bell pepper sweet yellow

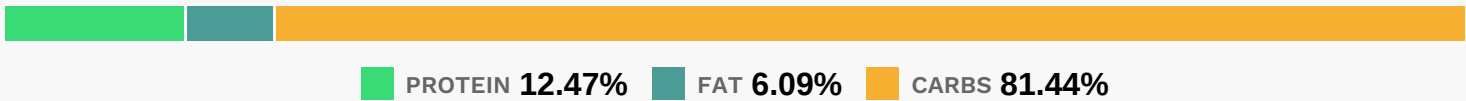
Equipment

☐ frying pan

Directions

- ☐ Cut peppers in half lengthwise through stems.
- ☐ Remove and discard seeds and membrane. If desired, set 2 pepper halves with stems aside, and reserve a third half for another use.
- ☐ Remove and discard stems from remaining 3 pepper halves; slice pepper halves into thin strips.
- ☐ Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add pepper strips and onion; saute 4 minutes.
- ☐ Add chicken broth and remaining ingredients; saute 2 minutes. If desired, spoon pepper mixture evenly into reserved pepper halves.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:12.60913050693%

Flavonoids

Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 64.66kcal (3.23%), Fat: 0.5g (0.77%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 11.47g (4.17%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 154.59mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 236.17mg (286.27%), Vitamin A: 2205.27IU (44.11%), Vitamin B6: 0.46mg (22.77%), Folate: 56.56µg (14.14%), Fiber: 3.5g (14%), Manganese: 0.27mg (13.29%), Potassium: 421.22mg (12.03%), Vitamin K: 8.55µg (8.14%), Vitamin E: 1.17mg (7.82%), Vitamin B3: 1.55mg (7.75%), Vitamin B1: 0.1mg (6.76%), Copper: 0.13mg (6.66%), Magnesium: 24.45mg (6.11%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 55.63mg (5.56%), Iron: 0.91mg (5.06%), Vitamin B5: 0.4mg (3.97%), Calcium: 27.44mg (2.74%), Zinc:

0.41mg (2.71%)