



Kasha with Zucchini and Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 2 cups chicken broth
- 1 cup coarse ground kasha
- 1 egg white
- 2 cloves garlic minced
- 1 tsp ground cumin
- 1 medium onion chopped
- 0.5 cup parmesan cheese grated kraft

1 medium bell pepper red chopped

1 medium zucchini chopped

Equipment

bowl

frying pan

Directions

Mix kasha and egg white until well blended.

Heat nonstick skillet on medium heat.

Add kasha mixture; cook 3 minutes or until dry and grains have separated.

Transfer kasha to small bowl; set aside.

Melt butter in medium skillet with tight-fitting lid.

Add onion and garlic; cook and stir 3 minutes or until crisp-tender.

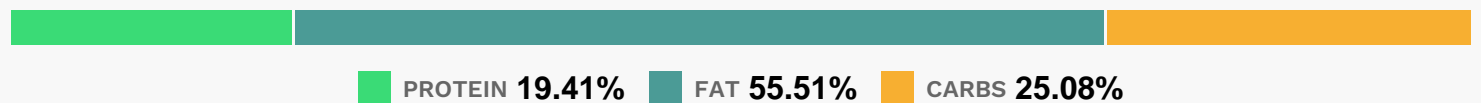
Add zucchini and peppers; cook and stir an additional 3 minutes.

Add kasha, cumin and broth; mix well.

Bring to boil; cover. Reduce heat to medium-low; simmer 10 minutes or until most of the liquid is absorbed.

Let stand, covered, 10 minutes. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.3117391211183%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 16.27kcal (0.81%), Fat: 1.06g (1.63%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.45g (0.51%), Cholesterol: 1.18mg (0.39%), Sodium: 126.68mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 4.41mg (5.35%), Selenium: 2.49µg (3.56%), Vitamin A: 128.14IU (2.56%), Manganese: 0.05mg (2.32%), Phosphorus: 17.16mg (1.72%), Calcium: 16.06mg (1.61%), Fiber: 0.39g (1.54%), Vitamin B2: 0.02mg (1.42%), Vitamin B6: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.21%), Magnesium: 4.78mg (1.2%), Potassium: 35.42mg (1.01%)