



Lemon-Chive Pasta and Peppers

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 small bell pepper red cut into thin strips
- ☐ 1 small bell pepper green cut into thin strips
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons juice of lemon

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4 cups noodles hot cooked (any variety)

Equipment

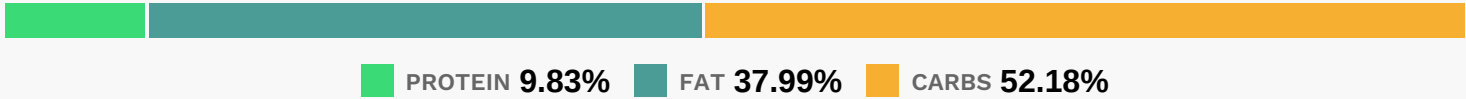
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frying pan

Directions

- ☐ Melt butter in 10-inch skillet over medium-high heat. Cook bell peppers, lemon peel, chives, salt and pepper, stirring occasionally, until bell peppers are crisp-tender. Stir in lemon juice; cook until hot.
- ☐ Serve over hot cooked pasta.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:16.86, Inflammation Score:-7, Nutrition Score:10.00086956374%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 298.43kcal (14.92%), Fat: 12.63g (19.43%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 36.1g (13.13%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 427.08mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin C: 42.57mg (51.59%), Selenium: 31.06µg (44.37%), Vitamin A: 1188.86IU (23.78%), Manganese: 0.43mg (21.7%), Fiber: 2.93g (11.71%), Iron: 1.68mg (9.32%), Phosphorus: 81.12mg (8.11%), Vitamin B6: 0.16mg (7.98%), Copper: 0.14mg (6.84%), Magnesium: 26.6mg (6.65%), Vitamin E: 0.89mg (5.91%), Folate: 21.09µg (5.27%), Zinc: 0.68mg (4.53%), Potassium: 140.7mg (4.02%), Vitamin K: 3.98µg (3.79%), Vitamin B3: 0.76mg (3.79%), Vitamin B1: 0.05mg (3.21%), Vitamin B2: 0.05mg (3.07%), Vitamin B5: 0.24mg (2.35%), Calcium: 17.89mg (1.79%)