



Lemon-Pepper Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 1 medium to 3 sized squashes yellow cut into 1/4-inch slices
- ☐ 1 small bell pepper red cut into 1/4-inch slices
- ☐ 1 small celery stalks
- ☐ 3 spring onion cut into 1-inch pieces
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon pepper
- ☐ 6 ounces snow peas fresh chinese ()

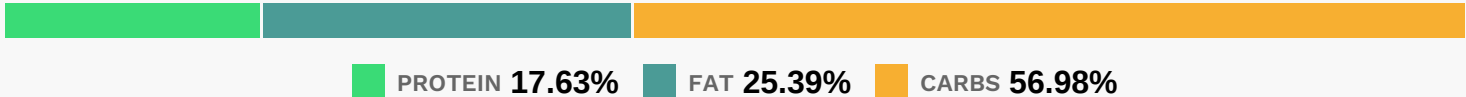
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 10-inch skillet or wok over medium-high heat.
- ☐ Add oil; rotate skillet to coat side.
- ☐ Add squash, bell pepper, celery and onions; stir-fry about 2 minutes or until bell pepper is crisp-tender. Stir in lemon juice, lemon pepper and pea pods; cook and stir about 1 minute or until pea pods are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:6.9356520681278%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 29.74kcal (1.49%), Fat: 0.92g (1.42%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 3.82mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin C: 40.47mg (49.05%), Vitamin K: 22.8µg (21.72%), Vitamin A: 823.07IU (16.46%), Manganese: 0.16mg (8.07%), Folate: 31.65µg (7.91%), Vitamin B6: 0.16mg (7.9%), Fiber: 1.55g (6.2%), Potassium: 190.28mg (5.44%), Vitamin B2: 0.09mg (5.01%), Iron: 0.86mg (4.76%), Vitamin B1: 0.07mg (4.6%), Magnesium: 15.4mg (3.85%), Phosphorus: 33.36mg (3.34%), Vitamin B5: 0.31mg (3.13%), Vitamin E: 0.45mg (2.97%), Vitamin B3: 0.49mg (2.43%), Copper: 0.05mg (2.39%), Calcium: 23.06mg (2.31%), Zinc: 0.23mg (1.52%)