



Matbucha



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



165 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 large cans tomatoes diced peeled (1 lb 12 oz each)
- ☐ 1 tsp pepper flakes to taste ()
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 clove garlic minced
- ☐ 2 bell pepper green ()
- ☐ 1 medium jalapeno to taste ()
- ☐ 1 tbsp paprika
- ☐ 0.5 tsp salt

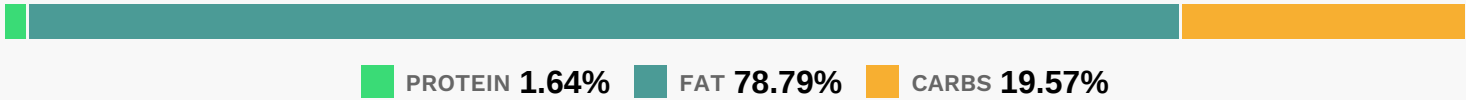
☐ 2 tbsp sugar sweet (or to taste-- some people prefer it less)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Matbucha
- ☐ Ingredients2 green bell peppers, (3/4 lb total)1 medium jalapeno (or more to taste)2 large cans diced tomatoes (1 lb 12 oz each), or 8 large tomatoes peeled and diced1 clove garlic, minced2 tbsp sugar (or to taste-- some people prefer it less sweet)1 tsp chili pepper flakes (or more to taste)1/2 tsp salt1/3 cup extra virgin olive oil1 tbsp paprika
- ☐ Prep Time: 1 Hour
- ☐ Cook Time: 1 Hour 45 Minutes
- ☐ Total Time: 2 Hours 45 Minutes
- ☐ Servings: 4 cups matbucha
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:4.56, Inflammation Score:-7, Nutrition Score:7.8352175277212%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 201.63kcal (10.08%), Fat: 18.36g (28.25%), Saturated Fat: 2.56g (16%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 295.11mg (12.83%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 54.08mg (65.55%), Vitamin E: 3.44mg (22.97%), Vitamin A: 1107.75IU (22.16%), Vitamin K: 17.45µg (16.62%), Vitamin B6: 0.2mg (10.03%), Fiber: 1.74g (6.97%), Manganese: 0.12mg (5.96%), Potassium: 159.9mg (4.57%), Iron: 0.71mg (3.93%), Vitamin B1: 0.04mg (2.9%), Copper: 0.06mg (2.89%), Vitamin B3: 0.53mg (2.63%), Vitamin B2: 0.04mg (2.55%), Magnesium: 10.04mg (2.51%), Folate: 8.08µg (2.02%), Phosphorus: 19.93mg (1.99%), Calcium: 12.37mg (1.24%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.13%)