



Mediterranean Peppers and Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups baking potato cubed peeled
- ☐ 1 cup pieces bell pepper red (1-inch)
- ☐ 1 cup pieces bell pepper yellow (1-inch)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 3 garlic cloves minced
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 1 cup pieces orange bell pepper (1-inch)
- ☐ 0.3 cup pimento–stuffed olives sliced
- ☐ 1 cup plum tomatoes minced seeded
- ☐ 0.3 teaspoon salt

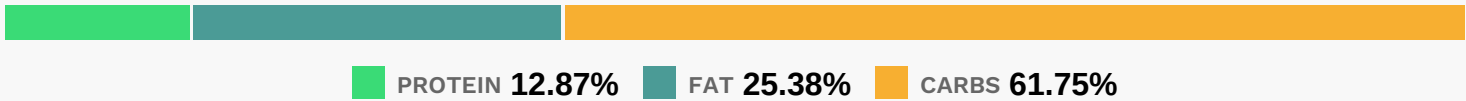
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium–high heat.
- ☐ Add onion; saut 10 minutes.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add tomato, and cook 5 minutes, stirring frequently.
- ☐ Add potato, bell peppers, salt, black pepper, and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.
- ☐ Remove from heat; stir in basil and olives.
- ☐ Let stand, covered, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:69.15, Glycemic Load:8.15, Inflammation Score:-9, Nutrition Score:14.239565175513%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 110.77kcal (5.54%), Fat: 3.4g (5.23%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 15.36g (5.59%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 248.09mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin C: 142.05mg (172.18%), Vitamin A: 2432.24IU (48.64%), Vitamin B6: 0.47mg (23.45%), Potassium: 579.43mg (16.56%), Manganese: 0.31mg (15.42%), Vitamin K: 15.42µg (14.69%), Folate: 52.96µg (13.24%), Fiber: 3.26g (13.02%), Vitamin B3: 2.47mg (12.37%), Vitamin E: 1.71mg (11.39%), Copper: 0.17mg (8.7%), Phosphorus: 85.33mg (8.53%), Magnesium: 30.87mg (7.72%), Vitamin B1: 0.11mg (7.2%), Iron: 1.2mg (6.67%), Vitamin B2: 0.11mg (6.35%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.54mg (3.57%), Calcium: 34.22mg (3.42%), Selenium: 0.74µg (1.05%)