



Mixed-Pepper Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SAUCE

Ingredients

- ☐ 4 bell peppers seeded sliced
- ☐ 1 teaspoon chili powder
- ☐ 9 garlic cloves chopped
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 4 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste

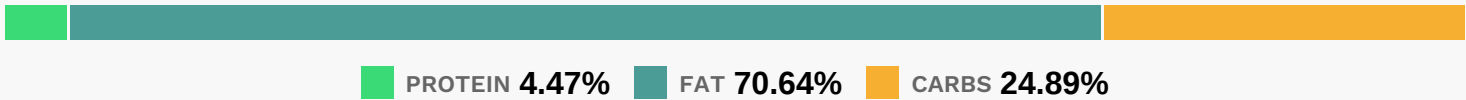
Equipment

☐ frying pan

Directions

- ☐ Warm 4 Tbsp. olive oil in a skillet over medium heat.
- ☐ Add 4 seeded, sliced bell peppers; saut for 1 minute.
- ☐ Add 1 tsp. each chili powder and Italian seasoning and 1/2 tsp. salt; saut for 5 minutes.
- ☐ Add 9 chopped garlic cloves, cover, reduce heat and cook for 12 minutes, stirring, until peppers are soft.
- ☐ Add 2 Tbsp. tomato paste, stir well and cook for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:9.770869711171%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 87.03kcal (4.35%), Fat: 7.26g (11.17%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 184.2mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin C: 78.1mg (94.66%), Vitamin A: 2002.63IU (40.05%), Vitamin E: 2.26mg (15.09%), Vitamin B6: 0.23mg (11.57%), Vitamin K: 9.46µg (9.01%), Manganese: 0.15mg (7.61%), Folate: 28.61µg (7.15%), Fiber: 1.68g (6.71%), Potassium: 187.76mg (5.36%), Vitamin B3: 0.77mg (3.85%), Vitamin B2: 0.06mg (3.77%), Iron: 0.61mg (3.38%), Vitamin B1: 0.04mg (2.82%), Magnesium: 10.72mg (2.68%), Phosphorus: 25.07mg (2.51%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (1.95%), Calcium: 16.69mg (1.67%), Zinc: 0.23mg (1.54%), Selenium: 0.81µg (1.16%)