



Pan-Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon fennel seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup bell pepper green cut into 1/8-inch strips
- ☐ 1 teaspoon olive oil
- ☐ 5 cups onion thinly sliced (1 large)
- ☐ 1 cup bell pepper red cut into 1/8-inch strips
- ☐ 0.5 teaspoon salt

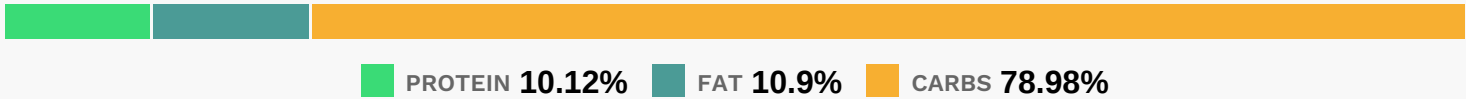
Equipment

☐ frying pan

Directions

- ☐ Combine the first 6 ingredients in a large skillet over high heat. Cook for 2 minutes or until vegetables begin to sizzle; reduce heat to medium-low. Cook 20 minutes or until vegetables begin to caramelize, stirring occasionally.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:4.7, Inflammation Score:-9, Nutrition Score:12.26782605959%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 41.61mg, Quercetin: 41.61mg, Quercetin: 41.61mg, Quercetin: 41.61mg

Nutrients (% of daily need)

Calories: 106.45kcal (5.32%), Fat: 1.39g (2.15%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 17.86g (6.49%), Sugar: 10.94g (12.16%), Cholesterol: 0mg (0%), Sodium: 301.51mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin C: 92.51mg (112.13%), Vitamin A: 1321.79IU (26.44%), Vitamin B6: 0.43mg (21.64%), Fiber: 4.87g (19.48%), Manganese: 0.35mg (17.75%), Folate: 58.98µg (14.75%), Potassium: 439.01mg (12.54%), Vitamin B1: 0.13mg (8.93%), Phosphorus: 75.84mg (7.58%), Magnesium: 28.74mg (7.18%), Vitamin K: 6.6µg (6.29%), Vitamin E: 0.92mg (6.1%), Vitamin B2: 0.1mg (5.7%), Copper: 0.11mg (5.55%), Calcium: 54.15mg (5.42%), Iron: 0.74mg (4.12%), Vitamin B5: 0.4mg (4.02%), Vitamin B3: 0.79mg (3.93%), Zinc: 0.49mg (3.25%), Selenium: 1.04µg (1.49%)