



Peperonata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

90 kcal

SIDE DISH

Ingredients



1 tablespoon rosemary fresh minced



3 garlic cloves minced



1 bell pepper green



2 teaspoons olive oil



2 large onions



0.5 teaspoon pepper freshly ground



1 bell pepper red



2 tablespoons red wine vinegar

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0.8 teaspoon salt

Equipment

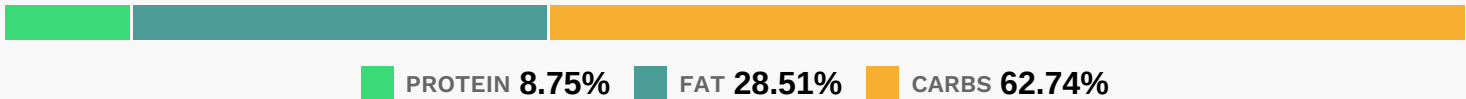
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frying pan

Directions

- ☐ Slice onions; separate into rings.
- ☐ Cut bell peppers into thin strips.
- ☐ Saute first 5 ingredients in hot oil in a large skillet until crisp-tender. Stir in salt, pepper, and vinegar.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:11.1300000047062%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.32mg, Quercetin: 21.32mg, Quercetin: 21.32mg, Quercetin: 21.32mg

Nutrients (% of daily need)

Calories: 89.9kcal (4.49%), Fat: 3.02g (4.64%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 11.49g (4.18%), Sugar: 6.89g (7.66%), Cholesterol: 0mg (0%), Sodium: 589.75mg (25.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin C: 91.2mg (110.54%), Vitamin A: 1412.32IU (28.25%), Vitamin B6: 0.36mg (18.23%), Manganese: 0.33mg (16.35%), Fiber: 3.45g (13.79%), Folate: 42.09µg (10.52%), Potassium: 324.07mg (9.26%), Vitamin E: 1.18mg (7.89%), Vitamin K: 7.48µg (7.12%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 53.6mg (5.36%), Magnesium: 21.07mg (5.27%), Vitamin B2: 0.08mg (4.51%), Copper: 0.09mg (4.44%), Calcium: 39.75mg (3.97%), Iron: 0.71mg (3.93%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.37mg (2.47%), Selenium: 0.98µg (1.4%)