



HEALTH SCORE

53%

Peperonata (Sautéed Peppers and Onions)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 bell peppers red seeded sliced into 2 1/2 to 3-inch long strips
- ☐ 2 bell peppers yellow seeded sliced into 2 1/2 to 3-inch long strips
- ☐ 2 bell peppers green seeded sliced into 2 1/2 to 3-inch long strips
- ☐ 1 large onion sliced into half-moons
- ☐ 4 garlic cloves sliced thin
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon sugar

- ☐ 4 roma diced seeded
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup basil fresh
- ☐ 4 servings juice of lemon

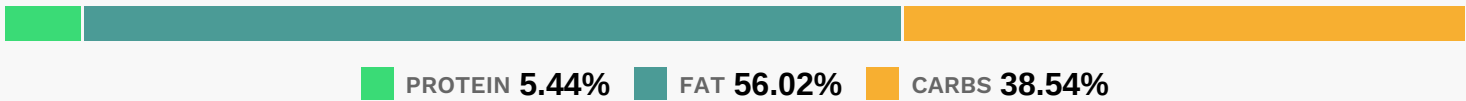
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large sauté pan on medium high heat. When the oil is shimmering, add the onions.
- ☐ Sprinkle with a little salt and sauté for 2–3 minutes, until the onions just begin to color.
- ☐ Add the peppers and stir well to combine with the onions. Sauté for 4–5 minutes, stirring often. The peppers should be al dente—cooked, but with a little crunch left in them.
- ☐ Add the garlic, and sauté another 1–2 minutes.
- ☐ Sprinkle a little more salt over everything and add the sugar and dried oregano. Cook 1 minute.
- ☐ Add the diced tomatoes, and cook just one minute further.
- ☐ Add basil, black pepper, lemon juice: Turn off the heat and mix in the torn basil. Grind some black pepper over everything. Right before serving squeeze a little lemon juice over the dish.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:17.715217336364%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 212.26kcal (10.61%), Fat: 14.2g (21.85%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 17.12g (6.22%), Sugar: 10.61g (11.79%), Cholesterol: 0mg (0%), Sodium: 205.14mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin C: 251.76mg (305.16%), Vitamin A: 2899.99IU (58%), Vitamin K: 40.77µg (38.82%), Vitamin B6: 0.56mg (28.14%), Vitamin E: 3.72mg (24.82%), Manganese: 0.48mg (23.86%), Fiber: 4.87g (19.46%), Folate: 73.31µg (18.33%), Potassium: 609.81mg (17.42%), Copper: 0.2mg (9.77%), Vitamin B3: 1.93mg (9.65%), Magnesium: 37.75mg (9.44%), Iron: 1.67mg (9.3%), Vitamin B1: 0.14mg (9.05%), Phosphorus: 76.72mg (7.67%), Vitamin B2: 0.12mg (7%), Calcium: 63.37mg (6.34%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.6mg (3.98%), Selenium: 0.95µg (1.36%)