



Pepper Saute

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



7

CALORIES



37 kcal

SIDE DISH

Ingredients

- 8 ounce mushrooms fresh sliced
- 2 teaspoons roasted garlic-flavored vegetable oil
- 1 medium size bell pepper green cut into strips
- 1 teaspoon penzey's southwest seasoning dried italian
- 1 medium onion cut into eighths
- 0.3 teaspoon pepper freshly ground
- 1 medium size bell pepper sweet red cut into strips
- 0.3 teaspoon salt

1 medium size bell pepper sweet yellow cut into strips

Equipment

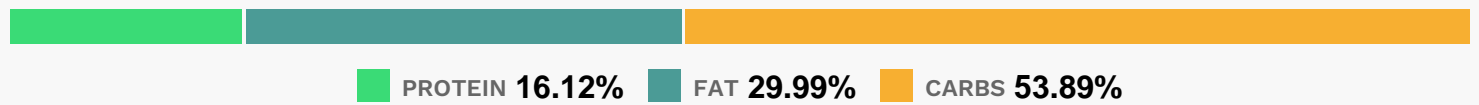
frying pan

Directions

Heat oil in a large nonstick skillet over medium-high heat until hot.

Add pepper strips and remaining ingredients; saute 5 to 7 minutes or until crisp-tender.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:8.2730435094108%

Flavonoids

Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 36.86kcal (1.84%), Fat: 1.4g (2.15%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 86.94mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 68.47mg (83%), Vitamin A: 634.73IU (12.69%), Vitamin B2: 0.16mg (9.39%), Vitamin B6: 0.17mg (8.59%), Vitamin B3: 1.6mg (8.01%), Copper: 0.14mg (7.21%), Potassium: 232.21mg (6.63%), Fiber: 1.53g (6.12%), Vitamin B5: 0.61mg (6.07%), Manganese: 0.12mg (5.94%), Folate: 23.12µg (5.78%), Selenium: 3.18µg (4.54%), Vitamin K: 4.74µg (4.51%), Phosphorus: 44.86mg (4.49%), Vitamin B1: 0.06mg (3.85%), Vitamin E: 0.56mg (3.7%), Iron: 0.52mg (2.91%), Magnesium: 11.16mg (2.79%), Zinc: 0.3mg (1.98%), Calcium: 14.29mg (1.43%)