



Peppers and Parmesan Cheese

 Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- 2 tablespoons flat-leaf parsley chopped
- 4 cloves garlic crushed
- 2 bell peppers green seeded sliced lengthwise
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan grated
- 1 large bell pepper red seeded sliced lengthwise
- 6 servings salt and pepper

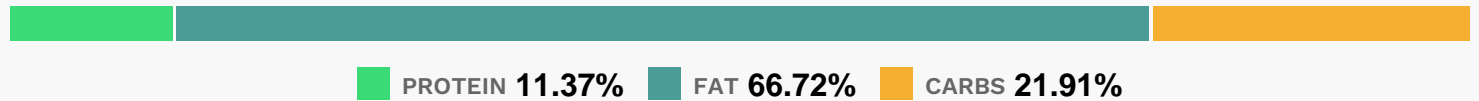
Equipment

- frying pan
- aluminum foil

Directions

- Heat a skillet over medium high heat.
- Add extra-virgin olive oil, crushed garlic and peppers. Season with salt and pepper.
- Saute until just tender, 6 or 7 minutes.
- Sprinkle in cheese and remove from heat.
- Transfer peppers to a platter.
- Garnish with chopped parsley. Cover with foil to keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:8.9360870362624%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 76.09kcal (3.8%), Fat: 5.91g (9.1%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.04g (1.1%), Sugar: 2.16g (2.41%), Cholesterol: 2.83mg (0.94%), Sodium: 264mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin C: 69.28mg (83.97%), Vitamin K: 29.06µg (27.67%), Vitamin A: 1147.61IU (22.95%), Vitamin B6: 0.2mg (9.91%), Vitamin E: 1.27mg (8.48%), Calcium: 60.84mg (6.08%), Manganese: 0.12mg (5.8%), Fiber: 1.33g (5.34%), Phosphorus: 47.79mg (4.78%), Folate: 18.92µg (4.73%), Potassium: 146.42mg (4.18%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.94%), Magnesium: 10.25mg (2.56%), Vitamin B3: 0.5mg (2.5%), Iron: 0.43mg (2.39%), Copper: 0.04mg (2.01%), Zinc: 0.27mg (1.82%), Selenium: 1.25µg (1.79%), Vitamin B5: 0.16mg (1.62%)