



Peppers Braised with Herbs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 basil sprigs divided
- 0.5 cup cooking wine dry white
- 0.5 cup less-sodium chicken broth fat-free
- 1 large bell pepper green seeded cut into strips
- 1 teaspoon olive oil
- 2 onions thinly sliced
- 1 large bell pepper red seeded cut into strips
- 0.3 teaspoon salt

- 2 tomatoes peeled seeded coarsely chopped
- 1 large bell pepper yellow seeded cut into strips

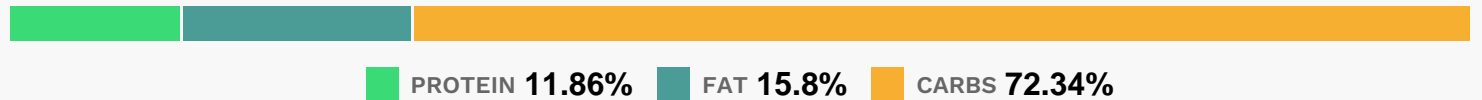
Equipment

- frying pan

Directions

- Coat a nonstick skillet with cooking spray, and add oil; place over medium-high heat until hot.
- Add onion, and cook 5 to 7 minutes or until tender, stirring often.
- Add wine; cook 2 to 3 minutes. Stir in tomato, bell pepper strips, and salt; bring to a boil. Reduce heat to low; cover and simmer 15 minutes.
- Add broth and 1 mint sprig; cover and simmer 15 minutes.
- Remove from heat, and allow to cool to room temperature.
- Remove mint sprig, and discard.
- Garnish with remaining mint sprigs.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:8.8756521383057%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 49.63kcal (2.48%), Fat: 0.76g (1.17%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.01g (2.19%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 136.01mg (5.91%), Alcohol: 1.54g (100%), Alcohol %: 1.28% (100%), Protein: 1.29g (2.57%), Vitamin C: 91.71mg (111.17%), Vitamin A: 1044.64IU (20.89%), Vitamin B6: 0.21mg (10.62%), Manganese: 0.17mg (8.51%), Potassium: 257.7mg (7.36%), Fiber: 1.83g (7.33%), Folate: 27.96µg (6.99%), Vitamin K: 7.29µg (6.94%), Vitamin E: 0.65mg (4.31%), Vitamin B3: 0.82mg (4.1%), Magnesium: 15.36mg (3.84%), Copper: 0.08mg (3.79%), Vitamin B1: 0.06mg (3.68%), Phosphorus: 34.88mg (3.49%), Vitamin B2: 0.05mg (2.81%), Iron: 0.48mg (2.69%), Vitamin B5: 0.21mg (2.1%), Calcium: 18.21mg (1.82%), Zinc: 0.24mg (1.61%)