

Pickled Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon olive oil extra virgin
- ☐ 0.3 cup parsley fresh loosely packed
- ☐ 0.3 cup chives fresh thinly sliced
- ☐ 1 cup pepperoncini peppers sliced
- ☐ 10 servings salt and pepper to taste
- ☐ 1 teaspoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- ☐ 2 cups snack peppers sweet red yellow mini sliced

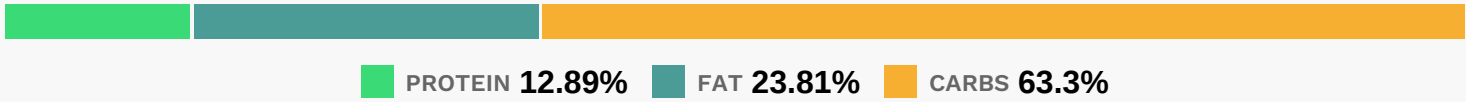
Equipment

bowl

Directions

- Stir together sliced mini bell peppers, sliced pepperoncini salad peppers, pepperoncini juice from jar, parsley leaves, sliced fresh chives, and olive oil in a medium bowl.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:9.0369565311981%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 20.17kcal (1.01%), Fat: 0.62g (0.95%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.2g (0.8%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 205.57mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 73.4mg (88.97%), Vitamin A: 1693.56IU (33.87%), Vitamin K: 30.47µg (29.02%), Vitamin B6: 0.18mg (9.23%), Folate: 28.69µg (7.17%), Vitamin E: 0.9mg (6.03%), Fiber: 1.49g (5.96%), Potassium: 142.9mg (4.08%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.64mg (3.22%), Vitamin B2: 0.05mg (2.91%), Vitamin B1: 0.04mg (2.51%), Magnesium: 8.96mg (2.24%), Iron: 0.37mg (2.07%), Vitamin B5: 0.19mg (1.92%), Phosphorus: 17.72mg (1.77%), Copper: 0.02mg (1.18%), Zinc: 0.17mg (1.14%)