



Piquant Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

Ingredients



0.3 cup olive oil



0.5 cup red wine vinegar



2 tablespoons sugar



3 pounds bell pepper red yellow (7)

Equipment



frying pan

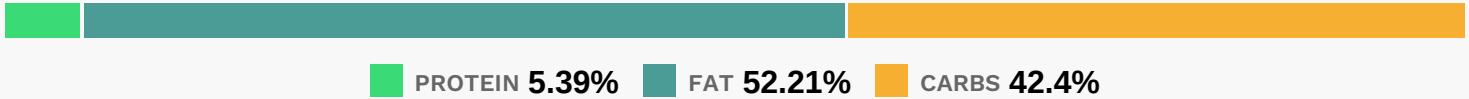


oven

Directions

- ☐ Cut peppers lengthwise into 1/2 inch thick strips.
- ☐ Heat olive oil in a large heavy skillet over medium heat and add peppers and 1/2 teaspoon salt. Cook, stirring, until wilted, 10 to 15 minutes.
- ☐ Add vinegar, sugar, and 1/2 teaspoon salt and cook, stirring occasionally, until peppers are tender and most of liquid has evaporated leaving an emulsified sauce, 10 to 15 minutes.
- ☐ Serve warm or at room temperature.
- ☐ •Peppers can be made up to 2 days ahead kept covered and chilled. Bring to room temperature or heat, covered, in a 350°F oven for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:15.821739084047%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 118.28kcal (5.91%), Fat: 7.27g (11.18%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 9.71g (3.53%), Sugar: 10.14g (11.26%), Cholesterol: 0mg (0%), Sodium: 8.16mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 217.8mg (264%), Vitamin A: 5325.74IU (106.51%), Vitamin B6: 0.5mg (24.75%), Vitamin E: 3.66mg (24.4%), Folate: 78.24µg (19.56%), Fiber: 3.57g (14.29%), Vitamin K: 12.4µg (11.81%), Potassium: 364.86mg (10.42%), Manganese: 0.2mg (9.88%), Vitamin B2: 0.15mg (8.54%), Vitamin B3: 1.67mg (8.33%), Vitamin B1: 0.09mg (6.12%), Vitamin B5: 0.54mg (5.39%), Magnesium: 21.01mg (5.25%), Iron: 0.84mg (4.66%), Phosphorus: 45.42mg (4.54%), Zinc: 0.43mg (2.87%), Copper: 0.03mg (1.53%), Calcium: 12.9mg (1.29%)