



Roasted Broccoli and Red Bell Pepper



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 cups broccoli florets
- ☐ 2 garlic cloves sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red sliced
- ☐ 0.3 teaspoon salt

Equipment

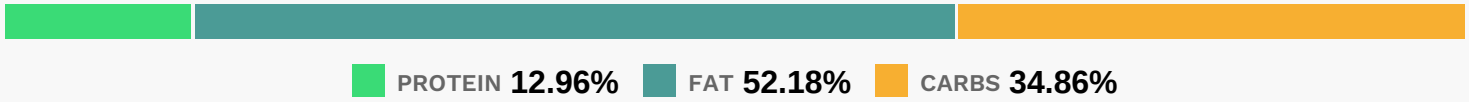
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place broccoli florets, sliced bell pepper, sliced garlic, olive oil, salt, and pepper on a jelly-roll pan; toss to coat.
- ☐ Bake vegetables at 400 for 10 minutes or until lightly browned, stirring after 5 minutes.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:18.391739150752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg, Kaempferol: 10.71mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 118.57kcal (5.93%), Fat: 7.61g (11.7%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 7.2g (2.62%), Sugar: 3.59g (3.98%), Cholesterol: 0mg (0%), Sodium: 192mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin C: 160.31mg (194.31%), Vitamin K: 145.13µg (138.22%), Vitamin A: 1782.69IU (35.65%), Folate: 99.75µg (24.94%), Manganese: 0.36mg (18.07%), Vitamin B6: 0.34mg (17.22%), Vitamin E: 2.55mg (16.97%), Fiber: 4.24g (16.95%), Potassium: 501.89mg (14.34%), Vitamin B2: 0.19mg (10.99%), Phosphorus: 100.32mg (10.03%), Vitamin B5: 0.89mg (8.87%), Magnesium: 32.83mg (8.21%), Vitamin B1: 0.12mg (7.74%), Calcium: 69.67mg (6.97%), Iron: 1.2mg (6.68%), Vitamin B3: 1.18mg (5.88%), Selenium: 3.66µg (5.23%), Zinc: 0.65mg (4.36%), Copper: 0.08mg (3.91%)