



Sautéed Zucchini and Bell Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



28 kcal

SIDE DISH

Ingredients

- 1 cup prechopped tricolor bell pepper refrigerated
- 1 garlic clove minced
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 1 medium zucchini quartered cut into 2-inch pieces

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add zucchini and remaining ingredients; saut 7 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:7.1726087111494%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 27.97kcal (1.4%), Fat: 1.27g (1.96%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 150.9mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 56.69mg (68.71%), Vitamin A: 1264.36IU (25.29%), Vitamin B6: 0.2mg (9.88%), Folate: 28.92µg (7.23%), Manganese: 0.14mg (7.07%), Potassium: 209.54mg (5.99%), Vitamin E: 0.79mg (5.28%), Fiber: 1.29g (5.15%), Vitamin B2: 0.08mg (4.62%), Vitamin K: 4.55µg (4.33%), Magnesium: 13.48mg (3.37%), Phosphorus: 29.45mg (2.95%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.22mg (2.23%), Iron: 0.36mg (2.01%), Zinc: 0.26mg (1.73%), Copper: 0.03mg (1.73%), Calcium: 11.9mg (1.19%)