



Skillet Asparagus and Roasted Bell Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

Ingredients

- 12 ounces asparagus spears trimmed
- 3 tablespoons balsamic vinaigrette light divided (such as Ken's Steak House Lite)
- 2 tablespoons parsley fresh finely chopped
- 1 cup bottled roasted bell peppers red chopped
- 1 tablespoon water

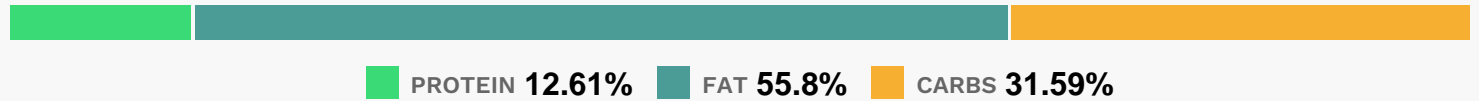
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 1 tablespoon vinaigrette and 1 tablespoon water to pan.
- Place asparagus in pan. Cook, covered, 5 minutes or until asparagus is crisp-tender, stirring frequently.
- Remove from pan onto a serving platter.
- Add 1 tablespoon vinaigrette to pan.
- Add bell pepper; cook 1 minute. Spoon over asparagus.
- Drizzle 1 tablespoon vinaigrette over asparagus and bell pepper; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:10.126956576886%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 65.28kcal (3.26%), Fat: 4.35g (6.69%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 583.41mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 68.18µg (64.93%), Vitamin C: 23.7mg (28.72%), Vitamin A: 993.45IU (19.87%), Folate: 52.87µg (13.22%), Iron: 2.22mg (12.36%), Copper: 0.21mg (10.49%), Manganese: 0.19mg (9.68%), Fiber: 2.27g (9.09%), Vitamin B1: 0.13mg (8.81%), Vitamin B2: 0.13mg (7.79%), Vitamin B6: 0.14mg (7.07%), Potassium: 233.98mg (6.69%), Vitamin E: 0.98mg (6.51%), Vitamin B3: 1.05mg (5.25%), Phosphorus: 52.39mg (5.24%), Magnesium: 16.79mg (4.2%), Calcium: 38.76mg (3.88%), Zinc: 0.54mg (3.63%), Selenium: 2.06µg (2.95%), Vitamin B5: 0.25mg (2.54%)