



Skillet Onions, Peppers, and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup onion sweet vertically sliced
- ☐ 1 cup bell pepper yellow thinly sliced

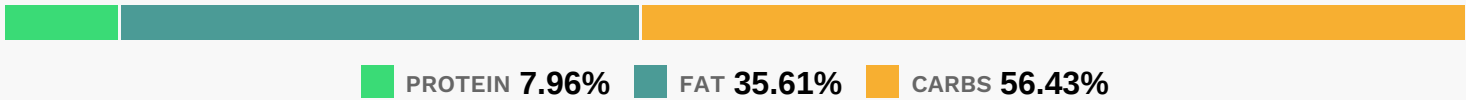
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell peppers and onion; cook 13 minutes or until onion is tender, stirring frequently.
- ☐ Add garlic, rosemary, salt, and black pepper; cook for 2 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:8.8104347949443%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 51.7kcal (2.58%), Fat: 2.23g (3.43%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.43g (2.34%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 150.98mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 118.2mg (143.27%), Vitamin A: 1242.34IU (24.85%), Vitamin B6: 0.23mg (11.64%), Folate: 36.1µg (9.03%), Manganese: 0.14mg (7.24%), Fiber: 1.53g (6.12%), Potassium: 210.01mg (6%), Vitamin E: 0.89mg (5.91%), Vitamin B3: 0.76mg (3.78%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.24%), Magnesium: 12.97mg (3.24%), Vitamin K: 3.37µg (3.21%), Phosphorus: 30.78mg (3.08%), Vitamin B2: 0.05mg (2.95%), Iron: 0.48mg (2.65%), Vitamin B5: 0.23mg (2.26%), Calcium: 16.89mg (1.69%), Zinc: 0.22mg (1.46%)