



Sofrito

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup cilantro leaves fresh chopped
- 4 garlic cloves minced
- 2 tablespoons olive oil
- 3 cups onion finely chopped
- 4.5 cups bell peppers green red finely chopped
- 0.3 teaspoon salt
- 1 tablespoon tomato paste

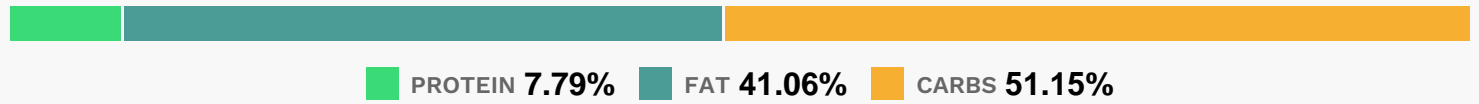
Equipment

frying pan

Directions

- Heat Annatto Oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 1 minute.
- Add bell peppers and garlic. Cook 10 minutes; stir frequently. Stir in cilantro and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:5.6900000468544%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 50.64kcal (2.53%), Fat: 2.48g (3.82%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.22g (3.57%), Cholesterol: 0mg (0%), Sodium: 62.79mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 48.67mg (58.99%), Vitamin B6: 0.19mg (9.48%), Vitamin K: 8µg (7.62%), Manganese: 0.15mg (7.44%), Fiber: 1.73g (6.94%), Vitamin A: 273.18IU (5.46%), Potassium: 177.77mg (5.08%), Vitamin E: 0.63mg (4.17%), Vitamin B1: 0.05mg (3.57%), Folate: 13.8µg (3.45%), Copper: 0.06mg (3.12%), Magnesium: 10.64mg (2.66%), Phosphorus: 25.8mg (2.58%), Iron: 0.36mg (2%), Vitamin B3: 0.37mg (1.85%), Vitamin B2: 0.03mg (1.81%), Calcium: 17.76mg (1.78%), Vitamin B5: 0.12mg (1.17%), Zinc: 0.16mg (1.1%)