



WHATSheATE



HEALTH SCORE

76%

Spiced Peppers and Eggplant



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients



0.5 pound peas quartered cut into 2x1" pieces



1 cup basil fresh



0.8 teaspoon coriander seeds crushed



0.8 teaspoon cumin seeds crushed



4 garlic clove



4 servings pepper freshly ground



0.3 cup olive oil



1 pound pasilla peppers sweet cut into 2" strips

☐ 2 tablespoons red wine vinegar

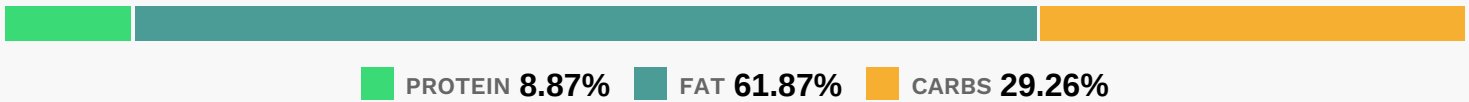
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add garlic, coriander, cumin, and saffron, if using; cook, stirring often, until garlic is softened, about 4 minutes.
- ☐ Add sweet peppers and eggplants; season with salt and pepper. Cook, tossing occasionally, until vegetables are tender, 15-20 minutes.
- ☐ Remove from heat and add vinegar. Just before serving, add basil and toss to combine.
- ☐ DO AHEAD: Vegetables can be cooked 4 days ahead. Cover; chill. Bring to room temperature before adding basil and serving.
- ☐ Per serving: 180 calories, 15 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:16.205652268037%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 198kcal (9.9%), Fat: 14.13g (21.73%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 9.49g (3.45%), Sugar: 5.99g (6.66%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin C: 116.01mg (140.62%), Vitamin K: 55.71µg (53.06%),

Manganese: 0.53mg (26.28%), Vitamin A: 1175.4IU (23.51%), Fiber: 5.54g (22.16%), Vitamin B6: 0.4mg (19.91%), Vitamin E: 2.5mg (16.67%), Vitamin B1: 0.23mg (15.12%), Folate: 52.42µg (13.1%), Potassium: 382.37mg (10.92%), Copper: 0.22mg (10.78%), Iron: 1.89mg (10.5%), Phosphorus: 96.03mg (9.6%), Magnesium: 37.72mg (9.43%), Vitamin B3: 1.83mg (9.15%), Vitamin B2: 0.12mg (6.88%), Zinc: 0.97mg (6.49%), Calcium: 48.74mg (4.87%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.2mg (2.03%)