



## Tex-Mex Peperonata



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1 Handful cilantro leaves fresh chopped for garnish
- ☐ 2 cloves garlic finely chopped
- ☐ 1 bell pepper green seeded thinly sliced
- ☐ 2 jalapeños seeded thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 bell pepper red seeded thinly sliced

- ☐ 1 onion red thinly sliced
- ☐ 2 tablespoons tomato paste

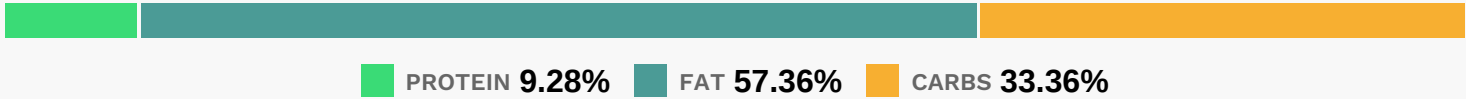
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat the extra-virgin olive oil in a skillet over medium-high heat.
- ☐ Add the onions, the hot and sweet peppers, garlic, and salt and pepper, to taste.
- ☐ Saute the onion mixture until crisp-tender, 5 to 6 minutes. Stir in the tomato paste, cook 2 minutes.
- ☐ Add the beer or stock and stir for 1 to 2 minutes more.
- ☐ Transfer to a serving bowl or platter, garnish with cilantro and serve.

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:10.544347628303%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

## Nutrients (% of daily need)

Calories: 119.47kcal (5.97%), Fat: 7.97g (12.26%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.36g (5.96%), Cholesterol: 1.8mg (0.6%), Sodium: 153.27mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin C: 74.95mg (90.84%), Vitamin A: 1309.52IU (26.19%), Vitamin E: 2.23mg (14.89%), Vitamin B6: 0.29mg (14.49%), Vitamin K: 13.6µg (12.95%), Potassium: 329.09mg (9.4%), Manganese: 0.18mg (8.91%), Vitamin B3: 1.77mg (8.86%), Fiber: 2.21g (8.83%), Folate: 28.42µg

(7.1%), Vitamin B2: 0.11mg (6.63%), Copper: 0.11mg (5.42%), Vitamin B1: 0.08mg (5.2%), Phosphorus: 49.25mg (4.93%), Iron: 0.76mg (4.23%), Magnesium: 16.91mg (4.23%), Selenium: 2.17µg (3.09%), Zinc: 0.33mg (2.18%), Calcium: 20.8mg (2.08%), Vitamin B5: 0.21mg (2.07%)