



Three-Pepper Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces farfalle pasta uncooked (bow-tie)
- 1 tablespoon vegetable oil
- 2 small bell pepper green cut into 1/4-inch strips
- 1 small bell pepper red cut into 1/4-inch strips
- 1 small bell pepper yellow cut into 1/4-inch strips
- 4 cups pasta sauce (any variety)

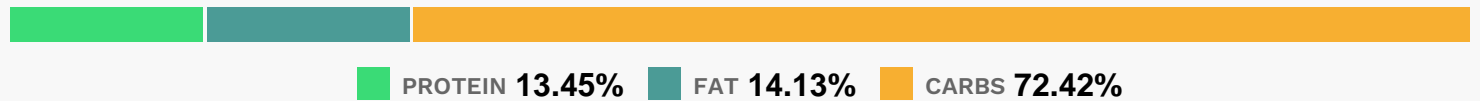
Equipment

- frying pan

Directions

- Cook and drain pasta as directed on package.
- While pasta is cooking, heat oil in 10-inch nonstick skillet over medium heat. Cook bell peppers in oil about 5 minutes, stirring occasionally, until crisp-tender.
- Stir pasta sauce into peppers. Simmer uncovered 15 minutes.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:10.78, Inflammation Score:-7, Nutrition Score:11.879999938218%

Flavonoids

Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 158.21kcal (7.91%), Fat: 2.57g (3.96%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.34g (9.58%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 583.46mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin C: 52.26mg (63.35%), Selenium: 18.69µg (26.7%), Manganese: 0.43mg (21.74%), Vitamin A: 906.99IU (18.14%), Vitamin E: 2.15mg (14.33%), Potassium: 498.55mg (14.24%), Fiber: 3.34g (13.35%), Copper: 0.25mg (12.32%), Vitamin B6: 0.24mg (12.21%), Vitamin B3: 1.96mg (9.79%), Phosphorus: 94.98mg (9.5%), Iron: 1.69mg (9.39%), Magnesium: 37.47mg (9.37%), Vitamin K: 8.41µg (8.01%), Vitamin B2: 0.11mg (6.59%), Folate: 24.64µg (6.16%), Vitamin B5: 0.56mg (5.64%), Zinc: 0.73mg (4.88%), Vitamin B1: 0.07mg (4.87%), Calcium: 26.62mg (2.66%)