



Tricolor Vegetable Sauté with Cumin Seeds and Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cumin seeds
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 large poblano pepper seeded cut into 1/3-inch-wide strips
- ☐ 1 large bell pepper red cut into 1/3-inch-wide strips
- ☐ 1 onion red halved sliced
- ☐ 1 large bell pepper yellow cut into 1/3-inch-wide strips

☐ 1 pound zucchini trimmed

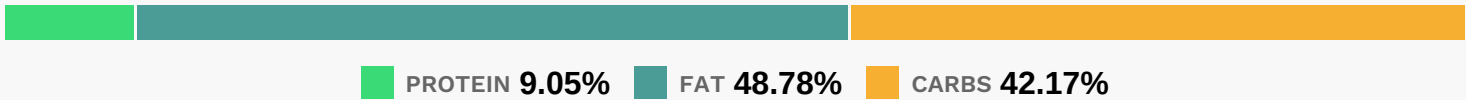
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add next 5 ingredients; sauté until vegetables are slightly softened, about 5 minutes.
- ☐ Add zucchini and oregano; sauté until zucchini is crisp-tender, about 5 minutes longer. Season with salt and pepper. Cool to room temperature.
- ☐ *A fresh green chile, often called a pasilla; available at Latin American markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:10.639565208684%

Flavonoids

Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 67.91kcal (3.4%), Fat: 4.06g (6.25%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 5.5g (2%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 8.63mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin C: 96.64mg (117.14%), Vitamin A: 908.67IU (18.17%), Vitamin K: 14.93µg (14.22%), Manganese: 0.28mg (14.03%), Vitamin B6: 0.27mg (13.49%), Fiber: 2.4g (9.6%), Potassium: 325.67mg (9.3%), Folate: 36.78µg (9.2%), Iron: 1.48mg (8.23%), Vitamin E: 1.23mg (8.19%), Magnesium: 25mg (6.25%), Vitamin B2: 0.09mg (5.59%), Phosphorus: 46.14mg (4.61%), Copper: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.54%), Calcium: 45.26mg (4.53%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.39mg (2.61%)