



Catalonian Pepper and Nut Sauce (Salsa Romesco)



Vegetarian



Vegan



Dairy Free

READY IN



64 min.

SERVINGS



40

CALORIES



36 kcal

SAUCE

Ingredients

- ☐ 2 ancho chiles dried
- ☐ 0.5 cup blanched almonds and toasted
- ☐ 1 ounce bread toasted
- ☐ 4 garlic cloves chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup hazelnuts
- ☐ 0.7 cup olive oil extra-virgin

- ☐ 2 small bell peppers red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons paprika smoked sweet
- ☐ 2 tablespoons tomato paste
- ☐ 0.3 cup water hot

Equipment

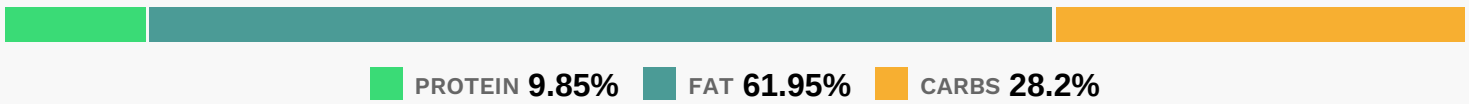
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place ancho chiles in a small saucepan. Cover with water; bring to a boil.
- ☐ Remove from heat; cover and let stand 20 minutes.
- ☐ Drain well.
- ☐ Remove stems, seeds, and membranes from chiles; discard.
- ☐ Place chiles in a medium bowl.
- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand for 15 minutes. Peel and cut into 2-inch pieces.
- ☐ Add bell peppers to chiles.

- ☐ Reduce oven temperature to 35
- ☐ Arrange hazelnuts in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 minutes or until toasted. Turn nuts out onto a towel.
- ☐ Roll up towel; rub off skins.
- ☐ Place hazelnuts in a food processor.
- ☐ Add almonds, garlic, and bread to food processor; process 1 minute or until finely ground.
- ☐ Add chile mixture, vinegar, tomato paste, paprika, and ground red pepper; process 1 minute or until combined. With processor on, slowly pour oil through food chute; process until well blended.
- ☐ Add 1/4 cup hot water and salt; process 10 seconds or until combined.
- ☐ Note: Store in an airtight container in the refrigerator for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:2.8439130394355%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.57kcal (1.78%), Fat: 2.63g (4.05%), Saturated Fat: 0.26g (1.59%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 41.18mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin A: 695.75IU (13.91%), Manganese: 0.16mg (7.99%), Vitamin C: 5.67mg (6.87%), Vitamin E: 0.91mg (6.07%), Fiber: 1.02g (4.08%), Vitamin K: 3.02µg (2.88%), Copper: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.53%), Magnesium: 9.77mg (2.44%), Vitamin B6: 0.05mg (2.3%), Potassium: 76.75mg (2.19%), Iron: 0.35mg (1.96%), Phosphorus: 18.43mg (1.84%), Vitamin B3: 0.36mg (1.79%), Folate: 5.87µg (1.47%), Vitamin B1: 0.02mg (1.38%)