



Green Bell Pepper Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SAUCE

Ingredients

- ☐ 2 cups chicken broth divided
- ☐ 1.5 teaspoons garlic minced
- ☐ 2 bell peppers diced green
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion diced
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 cups spinach leaves fresh loosely packed

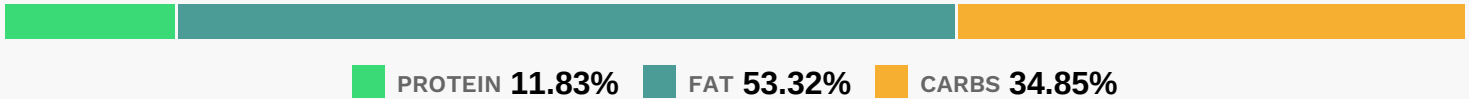
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Saut first 3 ingredients in hot oil in a large saucepan until tender.
- ☐ Add 1 cup chicken broth. Bring to a boil over medium heat; reduce heat, and simmer, stirring occasionally, 7 minutes.
- ☐ Add spinach leaves, and simmer 3 minutes.
- ☐ Remove from heat; cool slightly.
- ☐ Process bell pepper mixture in a blender until very smooth. Stir in enough remaining chicken broth to reach sauce consistency, if necessary.
- ☐ Pour through a wire-mesh strainer into a bowl, discarding solids; stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:11.870869683183%

Flavonoids

Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 61.77kcal (3.09%), Fat: 3.94g (6.06%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.59g (2.88%), Cholesterol: 2.35mg (0.78%), Sodium: 1031.84mg (44.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 79.85µg (76.05%), Vitamin C: 53.42mg

(64.75%), Vitamin A: 1632.16IU (32.64%), Manganese: 0.36mg (18.15%), Vitamin B6: 0.19mg (9.72%), Folate: 37.78µg (9.45%), Vitamin E: 1.08mg (7.23%), Vitamin B2: 0.12mg (7.07%), Fiber: 1.73g (6.9%), Potassium: 240.36mg (6.87%), Magnesium: 21.5mg (5.38%), Vitamin B1: 0.08mg (5.29%), Copper: 0.09mg (4.61%), Iron: 0.81mg (4.51%), Vitamin B3: 0.68mg (3.41%), Calcium: 33.31mg (3.33%), Phosphorus: 30.45mg (3.04%), Zinc: 0.28mg (1.89%), Selenium: 0.87µg (1.25%), Vitamin B5: 0.11mg (1.1%)