



Grilled Romesco Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



12 kcal

SAUCE

Ingredients

- ☐ 0.3 cup almonds raw
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 onion sliced (medium)
- ☐ 2 large bell peppers red cored halved seeded (large)
- ☐ 30 servings salt
- ☐ 1 large tomatoes halved (large)

Equipment

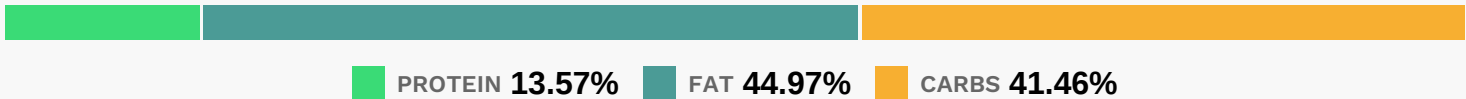
- ☐ blender

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Light a grill. Wrap the red peppers, tomato and onion in a large sheet of heavy-duty aluminum foil. Grill over moderate heat for about 25 minutes, until the vegetables are softened and charred.
- ☐ Transfer the vegetables to a blender.
- ☐ Add the almonds and crushed red pepper and puree. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:2.1404347737198%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 11.66kcal (0.58%), Fat: 0.65g (0.99%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 195.16mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 14.96mg (18.14%), Vitamin A: 402.79IU (8.06%), Vitamin E: 0.52mg (3.49%), Manganese: 0.05mg (2.49%), Vitamin B6: 0.04mg (2.06%), Fiber: 0.49g (1.98%), Folate: 6.82µg (1.71%), Vitamin B2: 0.02mg (1.46%), Potassium: 49.55mg (1.42%), Magnesium: 5.43mg (1.36%), Phosphorus: 10.66mg (1.07%), Vitamin K: 1.06µg (1.01%)