



Pepper Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



22 kcal

SIDE DISH

Ingredients

- ☐ 7 servings cayenne pepper to taste
- ☐ 1 teaspoon olive oil
- ☐ 7 servings salt to taste
- ☐ 1 tablespoon water
- ☐ 10 oz bell pepper red yellow

Equipment

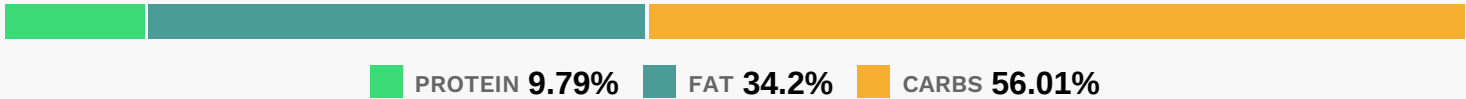
- ☐ food processor
- ☐ knife

- ☐ blender
- ☐ cake form

Directions

- ☐ Rinse 1 red or yellow bell pepper (about 10 oz.); pat dry. Set pepper in a 9-inch pie or cake pan and broil 3 to 4 inches from heat, turning as needed, until charred on all sides, about 15 minutes total.
- ☐ Let cool. With a small, sharp knife, remove and discard skin, stem, and seeds. Coarsely chop pepper and place in a blender or food processor.
- ☐ Add 1 tablespoon water and 1 teaspoon olive oil; whirl until smooth.
- ☐ Add salt and cayenne to taste. If coulis is thicker than desired, thin with 1 to 2 more tablespoons water.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:6.6717391558315%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 22.35kcal (1.12%), Fat: 1g (1.54%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.21g (0.23%), Cholesterol: 0mg (0%), Sodium: 195.32mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin C: 75.84mg (91.93%), Vitamin A: 913.2IU (18.26%), Vitamin B6: 0.12mg (5.85%), Vitamin E: 0.68mg (4.53%), Manganese: 0.09mg (4.39%), Fiber: 0.91g (3.63%), Potassium: 126.18mg (3.61%), Folate: 12.65µg (3.16%), Vitamin B3: 0.53mg (2.67%), Copper: 0.05mg (2.56%), Magnesium: 7.93mg (1.98%), Iron: 0.35mg (1.93%), Vitamin K: 1.95µg (1.86%), Vitamin B2: 0.03mg (1.68%), Phosphorus: 15.58mg (1.56%), Vitamin B1: 0.02mg (1.19%)