



HEALTH SCORE

56%

Red Bell Pepper Coulis



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 1 garlic clove crushed
- ☐ 3 cups low-salt chicken broth
- ☐ 1 teaspoon butter
- ☐ 2.3 cups bell pepper red chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots chopped

☐ 2 thyme sprigs

Equipment

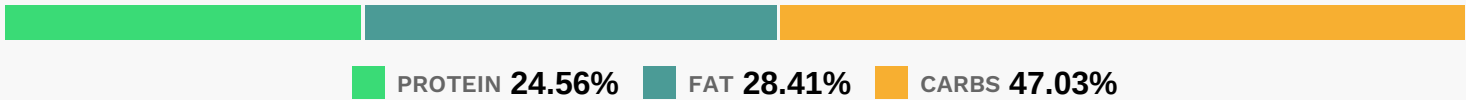
☐ sauce pan

☐ blender

Directions

- ☐ Melt margarine in a saucepan over medium heat.
- ☐ Add shallots, thyme, and garlic; saute 2 minutes.
- ☐ Add broth, bell pepper, salt, and black pepper; bring to a boil, and cook 35 minutes. Discard thyme.
- ☐ Place bell pepper mixture and vinegar in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:11.980434777944%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 66.2kcal (3.31%), Fat: 2.34g (3.59%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 6.76g (2.46%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 142.32mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin C: 108.52mg (131.54%), Vitamin A: 2693.15IU (53.86%), Vitamin B3: 3.27mg (16.33%), Vitamin B6: 0.28mg (14.08%), Potassium: 349.32mg (9.98%), Folate: 39.67µg (9.92%), Vitamin E: 1.37mg (9.1%), Phosphorus: 79.21mg (7.92%), Fiber: 1.94g (7.77%), Vitamin B2: 0.13mg (7.56%), Manganese: 0.14mg (6.79%), Copper: 0.11mg (5.68%), Iron: 0.9mg (4.99%), Vitamin K: 4.24µg (4.04%), Magnesium: 13.97mg (3.49%), Vitamin B1: 0.05mg (3.25%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.42mg (2.79%), Calcium: 19.03mg (1.9%)