



Red Bell Pepper Coulis



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 2 bell peppers red seeded chopped
- ☐ 2 shallots chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup white wine

Equipment

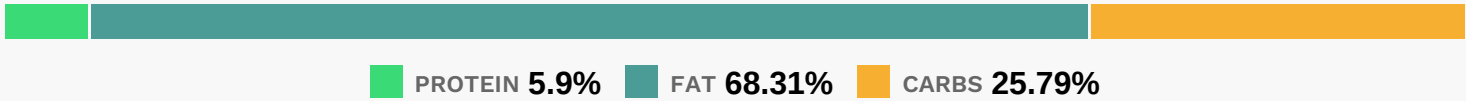
- ☐ frying pan

☐ blender

Directions

- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Add red bell peppers and shallots; saute until soft. Stir in white wine and chicken broth, and simmer over low heat until reduced by half.
- ☐ When the mixture is reduced, stir in sour cream, and transfer the mixture to a blender. Puree until smooth. Reheat before serving if necessary.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:10.141304213068%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 138.7kcal (6.93%), Fat: 9.33g (14.35%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.28g (2.28%), Sugar: 4.88g (5.42%), Cholesterol: 17.55mg (5.85%), Sodium: 123.34mg (5.36%), Alcohol: 3.09g (100%), Alcohol %: 2.39% (100%), Protein: 1.81g (3.62%), Vitamin C: 77.42mg (93.84%), Vitamin A: 2043.15IU (40.86%), Vitamin B6: 0.24mg (12.15%), Vitamin E: 1.57mg (10.47%), Folate: 33.65µg (8.41%), Manganese: 0.15mg (7.75%), Vitamin B2: 0.12mg (7.25%), Fiber: 1.65g (6.6%), Potassium: 229.85mg (6.57%), Vitamin K: 5.67µg (5.4%), Phosphorus: 51.4mg (5.14%), Calcium: 41.74mg (4.17%), Magnesium: 15.93mg (3.98%), Vitamin B3: 0.73mg (3.65%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.34mg (3.38%), Iron: 0.55mg (3.04%), Zinc: 0.35mg (2.33%), Selenium: 1.42µg (2.03%), Copper: 0.03mg (1.59%), Vitamin B12: 0.07µg (1.1%)