



Red Bell Pepper Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



161 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons cooking sherry

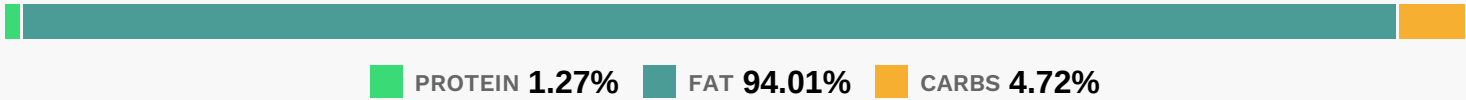
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell pepper on an aluminum foil-lined baking sheet.
- ☐ Bake at 450 for 15 minutes or until pepper is blistered, turning once.
- ☐ Place pepper in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skin. Peel pepper; discard seeds.
- ☐ Process pepper and 1/4 cup mayonnaise in a food processor until smooth. Stir in remaining 1/4 cup mayonnaise, sherry, and remaining ingredients. Chill.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:5.2447825981223%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 161.41kcal (8.07%), Fat: 16.83g (25.9%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.35g (0.49%), Sugar: 1.16g (1.29%), Cholesterol: 9.41mg (3.14%), Sodium: 381.33mg (16.58%), Alcohol: 0.21g (100%), Alcohol %: 0.53% (100%), Protein: 0.51g (1.03%), Vitamin C: 30.62mg (37.11%), Vitamin K: 37.86µg (36.05%), Vitamin A: 760.61IU (15.21%), Vitamin E: 1.11mg (7.43%), Vitamin B6: 0.08mg (3.88%), Folate: 12.26µg (3.06%), Manganese: 0.05mg (2.35%), Fiber: 0.55g (2.21%), Potassium: 61.36mg (1.75%), Vitamin B2: 0.03mg (1.5%), Phosphorus: 12.67mg (1.27%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.12mg (1.19%), Vitamin B1: 0.02mg (1.11%), Iron: 0.18mg (1.02%)