



Red Pepper-Garlic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 5 garlic cloves minced
- ☐ 0.5 teaspoon pepper
- ☐ 5 bell peppers red
- ☐ 0.5 teaspoon salt

Equipment

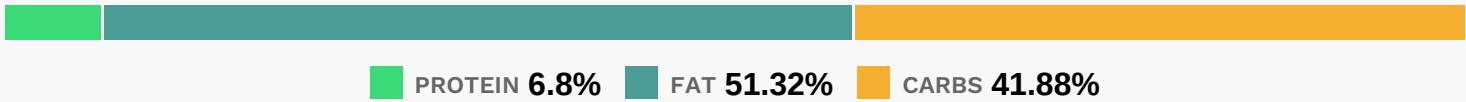
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell peppers on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat (with electric oven door partially open) about 5 minutes on each side or until peppers look blistered.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- ☐ Cut peppers into quarters.
- ☐ Melt butter in a large skillet; add roasted pepper and garlic, and saute until garlic is tender. Stir in wine, salt, and pepper. Cook, stirring occasionally, until liquid is reduced by half (5 minutes). Cool slightly.
- ☐ Process in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:11.702173891923%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 79.88kcal (3.99%), Fat: 4.07g (6.26%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 243.22mg (10.57%), Alcohol: 2.06g (100%), Alcohol %: 2.06% (100%), Protein: 1.21g (2.43%), Vitamin C: 127.72mg (154.82%), Vitamin A: 3272.97IU (65.46%), Vitamin B6: 0.33mg (16.52%), Folate: 45.97µg (11.49%), Vitamin E: 1.72mg (11.43%), Manganese: 0.2mg (9.9%), Fiber: 2.18g (8.71%), Potassium: 237.68mg (6.79%), Vitamin B2: 0.09mg (5.42%), Vitamin B3: 1.01mg (5.06%), Vitamin K: 5.25µg (5%), Vitamin B1: 0.06mg (4.01%), Magnesium: 14.95mg (3.74%), Phosphorus: 34.54mg (3.45%), Vitamin B5: 0.34mg (3.45%), Iron: 0.54mg (3%), Zinc: 0.3mg (2.02%), Calcium: 15.52mg (1.55%), Copper: 0.03mg (1.38%)