



Red Pepper-Mango Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



672 kcal

SAUCE

Ingredients

- 1 cup cooking wine dry white
- 1 tablespoon juice of lemon
- 1 large mangos cubed peeled
- 3 tablespoons onion minced
- 0.1 teaspoon pepper
- 2 bell peppers red
- 0.3 teaspoon salt
- 0.5 cup water

2 cups whipping cream

Equipment

baking sheet

sauce pan

oven

blender

aluminum foil

ziploc bags

Directions

Place peppers on a foil-lined baking sheet.

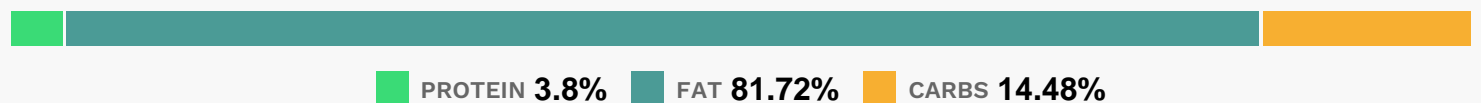
Bake at 475 for 20 minutes or until peppers look blistered, turning once.

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. Slice peppers.

Bring peppers, onion, wine, and 1/2 cup water to a boil in a heavy saucepan over high heat; boil 10 minutes or until liquid is reduced to 3 tablespoons. Stir in whipping cream; simmer, stirring often, 10 minutes or until thickened. Cool slightly.

Process red pepper mixture, mango, and remaining ingredients in a blender until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:52.58, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:19.179999890535%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg

Epicatechin: 0.44mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg
Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.37mg, Naringenin:
0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:
0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin:
0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:
2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 672.4kcal (33.62%), Fat: 57.8g (88.93%), Saturated Fat: 36.61g (228.82%), Carbohydrates: 23.05g
(7.68%), Net Carbohydrates: 20.08g (7.3%), Sugar: 18.74g (20.82%), Cholesterol: 179.29mg (59.76%), Sodium:
246.93mg (10.74%), Alcohol: 8.24g (100%), Alcohol %: 2.36% (100%), Protein: 6.05g (12.1%), Vitamin C: 130.29mg
(157.93%), Vitamin A: 5563.86IU (111.28%), Vitamin B2: 0.41mg (23.97%), Vitamin E: 3.34mg (22.3%), Vitamin B6:
0.42mg (21.15%), Folate: 76.22µg (19.06%), Vitamin D: 2.54µg (16.92%), Potassium: 511.74mg (14.62%), Phosphorus:
140.15mg (14.01%), Calcium: 129.34mg (12.93%), Manganese: 0.25mg (12.61%), Fiber: 2.98g (11.9%), Vitamin K:
12.36µg (11.77%), Magnesium: 37.37mg (9.34%), Vitamin B5: 0.85mg (8.48%), Selenium: 5.39µg (7.7%), Vitamin B3:
1.44mg (7.22%), Vitamin B1: 0.1mg (6.92%), Copper: 0.12mg (6.15%), Zinc: 0.76mg (5.08%), Iron: 0.86mg (4.78%),
Vitamin B12: 0.25µg (4.23%)