



Red Pepper Rouille



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup mayonnaise
- ☐ 1 roasted bell pepper red seeded
- ☐ 0.1 teaspoon saffron threads
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor

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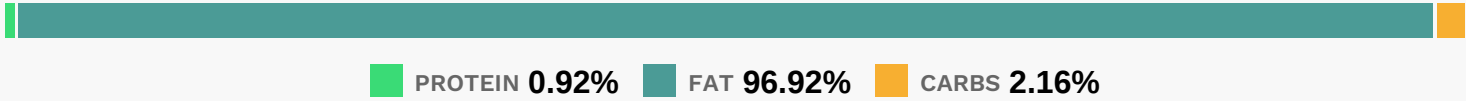
blender

Directions

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Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.2326086733652%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 259.34kcal (12.97%), Fat: 27.99g (43.06%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.24g (0.27%), Cholesterol: 15.68mg (5.23%), Sodium: 600.07mg (26.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin K: 60.95µg (58.05%), Vitamin E: 1.25mg (8.34%), Vitamin C: 6.43mg (7.79%), Manganese: 0.06mg (2.96%), Vitamin B6: 0.05mg (2.59%), Vitamin A: 123.28IU (2.47%), Selenium: 1.19µg (1.7%), Copper: 0.03mg (1.48%), Phosphorus: 13.62mg (1.36%), Iron: 0.22mg (1.22%), Calcium: 11.91mg (1.19%), Potassium: 35.28mg (1.01%)