



Roasted Bell Pepper Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SAUCE

Ingredients

- 1 teaspoon chives minced
- 2 tablespoons canola mayonnaise
- 1 orange bell pepper

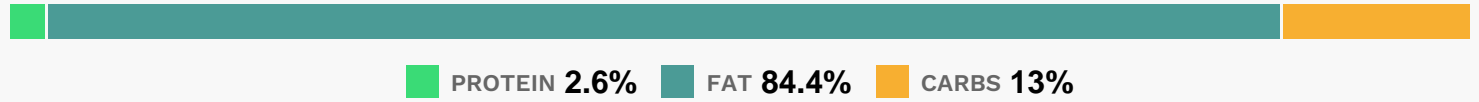
Equipment

- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Cut bell pepper in half lengthwise; discard seeds and membranes.
- Place 1 pepper half, skin side up, on a foil-lined baking sheet (reserve remaining half); flatten with hand. Broil 8 minutes or until blackened. Wrap bell pepper in foil; let stand 5 minutes. Peel and finely chop.
- Add 2 tablespoons chopped bell pepper and minced chives to canola mayonnaise; stir until blended.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:4.6260870701593%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 55.41kcal (2.77%), Fat: 5.33g (8.2%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.21g (0.44%), Sugar: 1.29g (1.44%), Cholesterol: 2.94mg (0.98%), Sodium: 45.65mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 38.23mg (46.33%), Vitamin A: 946.91IU (18.94%), Vitamin K: 13.4µg (12.76%), Vitamin E: 0.7mg (4.67%), Vitamin B6: 0.09mg (4.37%), Folate: 14.3µg (3.57%), Fiber: 0.63g (2.52%), Potassium: 64.91mg (1.85%), Manganese: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.58%), Vitamin B3: 0.29mg (1.46%), Vitamin B1: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.07%)