



Roasted Red Bell Pepper Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



20 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon garlic minced
- 0.3 cup catsup
- 7 ounce roasted bell peppers red drained

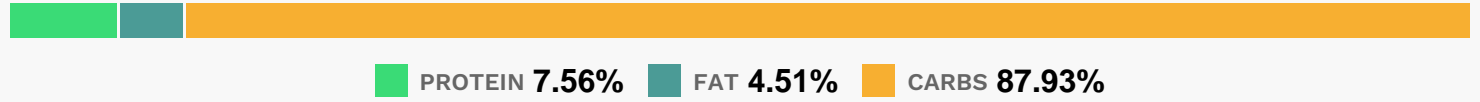
Equipment

- food processor
- blender

Directions

- Combine all ingredients in a blender or food processor; process 1 to 2 minutes or until smooth.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:2.4069565243047%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 20.37kcal (1.02%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.69g (1.71%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 573.82mg (24.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin C: 16.08mg (19.49%), Vitamin A: 240.89IU (4.82%), Vitamin B6: 0.09mg (4.32%), Manganese: 0.09mg (4.26%), Copper: 0.06mg (2.85%), Potassium: 88.87mg (2.54%), Vitamin B2: 0.03mg (1.93%), Vitamin B3: 0.38mg (1.89%), Fiber: 0.47g (1.87%), Iron: 0.33mg (1.82%), Calcium: 16.83mg (1.68%), Folate: 6.52µg (1.63%), Magnesium: 5.64mg (1.41%), Vitamin E: 0.2mg (1.31%), Phosphorus: 10.98mg (1.1%)