



Roasted Red Pepper-and-Vidalia Onion Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



233 kcal

SAUCE

Ingredients

- ☐ 3 servings bell pepper black to taste
- ☐ 3 tablespoons butter
- ☐ 2 cups chicken broth
- ☐ 2 teaspoons creole seasoning
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons basil fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil

- ☐ 1 large bell pepper red halved seeded
- ☐ 1 large vidalia onion halved

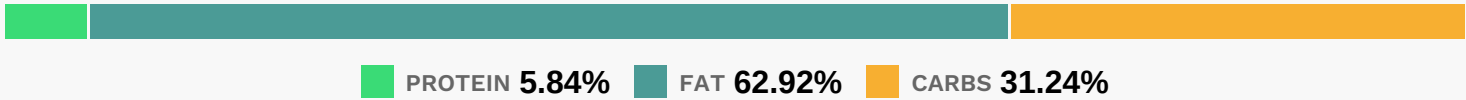
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Dice 1 onion half; set aside.
- ☐ Cut remaining onion half into slices.
- ☐ Place onion slices and bell pepper halves, cut sides down, on a baking sheet lined with nonstick aluminum foil; drizzle with oil, and sprinkle with salt.
- ☐ Broil 5 inches from heat about 10 minutes or until bell pepper looks blistered.
- ☐ Place bell pepper halves in a zip-top freezer bag; seal and let stand 10 minutes to loosen skin. Peel bell pepper halves, and dice one half. Reserve diced bell pepper and remaining half. Dice roasted onion, and set aside.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add reserved diced raw onion, and saut 10 minutes or until onion begins to brown. Stir in flour; cook, stirring constantly, 5 minutes, or until flour mixture is caramel-colored. Stir in chicken broth and Creole seasoning. Reduce heat to medium, and cook, stirring constantly, until thickened.
- ☐ Process gravy mixture and reserved bell pepper half in a blender until smooth, stopping to scrape down sides.
- ☐ Combine gravy mixture, reserved diced roasted bell pepper, diced roasted onion, basil, and black pepper.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:4.98, Inflammation Score:-9, Nutrition Score:13.912174066772%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg

Nutrients (% of daily need)

Calories: 232.65kcal (11.63%), Fat: 16.92g (26.03%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 16.15g (5.87%), Sugar: 8.68g (9.64%), Cholesterol: 33.23mg (11.08%), Sodium: 876.77mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 76.53mg (92.76%), Vitamin A: 2691.39IU (53.83%), Vitamin B6: 0.34mg (17.06%), Folate: 67.01µg (16.75%), Manganese: 0.32mg (16.18%), Vitamin E: 2.36mg (15.73%), Vitamin K: 13.59µg (12.94%), Vitamin B2: 0.22mg (12.72%), Vitamin B1: 0.17mg (11.48%), Fiber: 2.75g (11.01%), Potassium: 318.43mg (9.1%), Vitamin B3: 1.6mg (8.01%), Phosphorus: 66.54mg (6.65%), Iron: 1.17mg (6.48%), Copper: 0.12mg (5.85%), Selenium: 4.04µg (5.77%), Magnesium: 23.04mg (5.76%), Calcium: 41.59mg (4.16%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.5mg (3.34%)