Roasted Red Pepper-and-Vidalia Onion Gravy

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	3	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

PROTEIN **5.84%** FAT **62.92%** CARBS **31.24%**

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, 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: 0g (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%)