



WHATSheATE



Roasted Red Pepper Cream Sauce



Gluten Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



202 kcal

SAUCE

Ingredients

- ☐ 4 tablespoons butter
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.3 cup basil fresh
- ☐ 2 tablespoons garlic minced
- ☐ 2 cups half-and-half
- ☐ 2 large bell peppers red
- ☐ 0.3 cup romano cheese grated
- ☐ 8 servings salt and pepper to taste

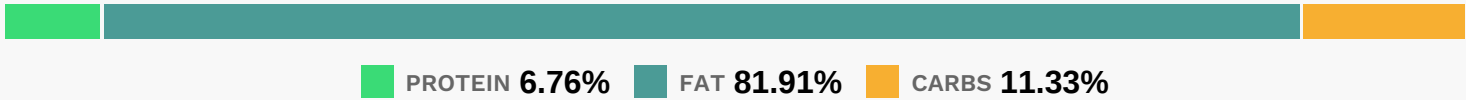
Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler. Lightly coat the red peppers with olive oil. Grill peppers under the broiler until the skin is blackened, and the flesh has softened slightly.
- ☐ Place peppers in a paper bag or resealable plastic bag to cool for approximately 45 minutes.
- ☐ Remove the seeds and skin from the peppers (the skin should come off the peppers easily now).
- ☐ Cut peppers into small pieces.
- ☐ In a skillet, cook and stir the garlic, basil, and red peppers in 3 tablespoons olive oil over medium heat. Cook for 10 minutes, so that the flavors mix.
- ☐ Place mixture in blender (careful it is hot), and puree to desired consistency. Return puree to skillet, and reheat to a boil. Stir in the half-and-half and the Romano cheese; cook and stir until the cheese melts.
- ☐ Add the butter, and stir until melted. Season with salt and pepper to taste. Simmer for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:8.8478261170828%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg 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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 201.76kcal (10.09%), Fat: 18.86g (29.02%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.96g (1.8%), Sugar: 4.27g (4.74%), Cholesterol: 39.47mg (13.16%), Sodium: 315.32mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin C: 53.78mg (65.19%), Vitamin A: 1725.52IU (34.51%), Vitamin E: 1.73mg (11.55%), Calcium: 107.65mg (10.77%), Vitamin B2: 0.17mg (9.94%), Phosphorus: 97.04mg (9.7%), Vitamin K: 9.66µg (9.2%), Vitamin B6: 0.18mg (8.92%), Folate: 21.67µg (5.42%), Potassium: 181.06mg (5.17%), Manganese: 0.09mg (4.49%), Selenium: 2.79µg (3.98%), Fiber: 0.92g (3.66%), Vitamin B5: 0.34mg (3.39%), Magnesium: 13.38mg (3.34%), Vitamin B1: 0.05mg (3.07%), Zinc: 0.46mg (3.03%), Vitamin B12: 0.16µg (2.7%), Vitamin B3: 0.49mg (2.47%), Iron: 0.32mg (1.78%), Copper: 0.02mg (1.12%)