



Roasted Red Pepper-Dill Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons optional: dill dried
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 4 large bell peppers red
- ☐ 0.5 cup rice vinegar
- ☐ 1 teaspoon salt
- ☐ 4 medium shallots minced

☐ 0.5 cup vegetable broth

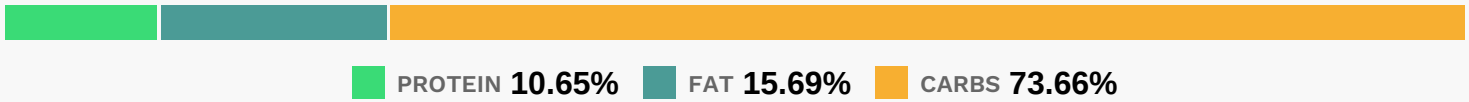
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Bake bell peppers on an aluminum foil-lined baking sheet at 500 for 20 minutes or until bell peppers look blistered, turning once.
- ☐ Place bell peppers in a zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel bell peppers; remove and discard seeds.
- ☐ Saut shallots in hot oil in a skillet over medium-high heat until softened.
- ☐ Remove from heat; stir in dill.
- ☐ Process peppers, shallot mixture, broth, and remaining ingredients in a blender until smooth.
Prep: 20 min.,
- ☐ Bake: 20 min., Stand: 10 min.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:5.9239130272813%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 20.9kcal (1.04%), Fat: 0.39g (0.59%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 177.5mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 53.03mg (64.28%), Vitamin A: 1305.43IU (26.11%), Vitamin B6: 0.14mg (7.14%), Folate: 21µg (5.25%), Vitamin E: 0.69mg (4.58%), Fiber: 1.09g (4.36%), Manganese: 0.08mg (4.05%), Potassium: 111.74mg (3.19%), Vitamin K: 2.31µg (2.2%), Vitamin B2: 0.04mg (2.16%), Vitamin B3: 0.42mg (2.09%), Vitamin B1: 0.03mg (1.76%), Iron: 0.31mg (1.72%), Magnesium: 6.85mg (1.71%), Phosphorus: 15.35mg (1.54%), Vitamin B5: 0.15mg (1.49%)