



Roasted Red Pepper Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 14 ounce roasted bell peppers red drained
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons vegetable broth

Equipment

☐

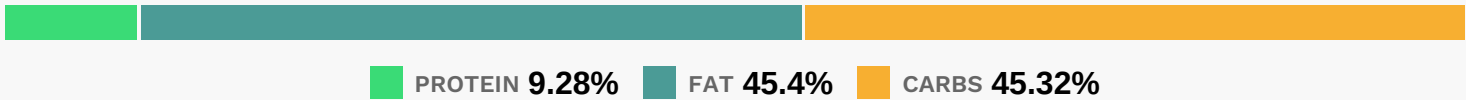
blender

Directions

☐

Place all ingredients in a blender and process until smooth. Refrigerate dressing in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:5.719130522531%

Nutrients (% of daily need)

Calories: 32.98kcal (1.65%), Fat: 1.83g (2.81%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 1678.82mg (72.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 46.19mg (55.99%), Vitamin A: 531.45IU (10.63%), Manganese: 0.18mg (9.23%), Vitamin B6: 0.18mg (8.89%), Copper: 0.13mg (6.61%), Iron: 0.92mg (5.12%), Fiber: 1.27g (5.09%), Calcium: 43.23mg (4.32%), Potassium: 149.51mg (4.27%), Folate: 16.11µg (4.03%), Magnesium: 11.72mg (2.93%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 21.14mg (2.11%), Vitamin K: 2.19µg (2.08%), Vitamin B2: 0.03mg (1.8%), Vitamin B1: 0.03mg (1.76%), Vitamin E: 0.22mg (1.49%), Zinc: 0.19mg (1.27%)