



Roasted Red Pepper Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients



1 cup olive oil extra virgin



2 bell peppers red



0.8 cup red wine vinegar



1 teaspoon salt



2 bell peppers yellow

Equipment



food processor



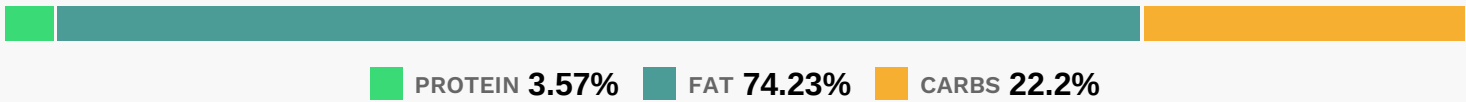
bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- ☐ Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.
- ☐ Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes.
- ☐ Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard.
- ☐ Transfer the roasted peppers to a blender or food processor.
- ☐ Add the red wine vinegar, olive oil, and salt; process until smooth.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:10.745652104202%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 11.1g (17.08%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.68g (2.07%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 588.74mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 185.57mg (224.93%), Vitamin A: 1981.94IU (39.64%), Vitamin E: 2.5mg (16.64%), Vitamin B6: 0.27mg (13.66%), Folate: 42.84µg (10.71%), Vitamin K: 9.42µg (8.97%), Manganese: 0.16mg (7.92%), Potassium: 269.39mg (7.7%), Fiber: 1.78g (7.14%), Vitamin B3: 1.11mg (5.56%), Iron: 0.8mg (4.43%), Magnesium: 16.09mg (4.02%), Copper: 0.08mg (3.94%), Vitamin B2: 0.07mg (3.85%), Phosphorus: 33.33mg (3.33%), Vitamin B1: 0.05mg (3.25%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.26mg (1.77%), Calcium: 13.87mg (1.39%)