



## Roasted Red Pepper Pasta Sauce

 **Gluten Free**  **Popular**

READY IN



55 min.

SERVINGS



6

CALORIES



212 kcal

SAUCE

### Ingredients

- 3 tablespoons olive oil extra virgin
- 1 onion chopped
- 6 servings salt
- 4 garlic cloves chopped
- 1 tablespoon sage fresh chopped
- 3 anchovies
- 2 tablespoons tomato paste
- 1.5 cups red wine

- 4 cups roasted peppers red jarred ( or freshly roasted)
- 0.3 teaspoon paprika smoked
- 0.5 teaspoon cayenne hot
- 1 c cheese grated
- 6 servings some sage fresh minced for garnish

## Equipment

- bowl
- frying pan
- ladle
- pot
- blender
- tongs

## Directions

- Soak jarred peppers in water: If you are using jarred peppers, drain away the marinade and soak them in a large bowl of cold water. If you skip this step, the sauce will become too acidic. Soak for 10–15 minutes before proceeding.
- Sauté onions:
- Heat the olive oil in a pot over medium–high heat.
- Add the chopped onion and sauté, stirring from time to time, until it is wilted and translucent, about 3 minutes.
- Sprinkle some salt over the onions as they cook.
- Add garlic and sage, then anchovies, then tomato paste:
- Add the garlic and sage, mix well, and sauté another minute.
- Mix in the anchovies, smashing them up, and cook for 1 more minute.
- Stir in the tomato paste and cook for 2–3 minutes, stirring often, until the paste begins to turn a brick red.
- Add the red wine and stir well. Turn the heat up to high and let this boil down by half. Stir in the roasted red peppers and turn the heat back down to medium.

- Let this simmer for 10–20 minutes – it’s pretty forgiving at this point. You just want the peppers to be cooked through and soft.
- Purée: Purée the sauce in a blender. You might need to do this in batches, because you don’t want to fill your blender more than 2/3 up at one time.
- Purée the sauce, starting with the machine on low for 1–2 minutes to break up the big pieces. Turn off the blender and scrape the sides down. Turn it on again, and starting at the low setting, bring it up to its highest setting. Purée for at least a minute, until smooth.
- Add spices: Return the sauce to the pan and heat to medium–low. Taste for salt and add some if needed.
- Add the cayenne or hot paprika, along with smoked paprika if you have some. If you want, a teaspoon of sugar helps, too, if your peppers are not already sweet enough. Keep the sauce warm while you make the pasta.
- Make the pasta according to the package instructions, depending on the type of pasta you are using.
- Serve pasta with sauce: To serve, drain the cooked pasta and put it into a large bowl. Ladle some sauce over the pasta and mix with tongs to combine. You want to coat all the noodles evenly. Divide into servings.
- Garnish with some grated cheese and minced fresh sage.
- Serve with a medium–bodied red wine, or a dry rose.

## Nutrition Facts

■ PROTEIN **15.86%** ■ FAT **62.17%** ■ CARBS **21.97%**

### Properties

Glycemic Index:31.83, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:14.493478293004%

### Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:

0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 212.19kcal (10.61%), Fat: 11.96g (18.41%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 7.67g (2.79%), Sugar: 1.97g (2.18%), Cholesterol: 17.76mg (5.92%), Sodium: 1735.78mg (75.47%), Alcohol: 6.36g (100%), Alcohol %: 3.9% (100%), Protein: 6.87g (13.74%), Copper: 3.32mg (166.14%), Vitamin C: 46.68mg (56.58%), Calcium: 238.77mg (23.88%), Manganese: 0.41mg (20.71%), Phosphorus: 174.33mg (17.43%), Vitamin A: 748.17IU (14.96%), Vitamin B6: 0.28mg (13.99%), Potassium: 328.19mg (9.38%), Vitamin E: 1.37mg (9.14%), Iron: 1.59mg (8.85%), Magnesium: 31.39mg (7.85%), Vitamin B2: 0.13mg (7.6%), Fiber: 1.84g (7.37%), Vitamin K: 5.8µg (5.52%), Selenium: 3.84µg (5.48%), Zinc: 0.81mg (5.4%), Folate: 21.17µg (5.29%), Vitamin B3: 0.98mg (4.91%), Vitamin B1: 0.05mg (3.49%), Vitamin B12: 0.19µg (3.18%), Vitamin B5: 0.17mg (1.73%)