



Roasted Red Pepper Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



20 kcal

SAUCE

Ingredients

- ☐ 1 garlic clove
- ☐ 3 tablespoons mayonnaise light
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 7 ounce roasted peppers sweet red drained

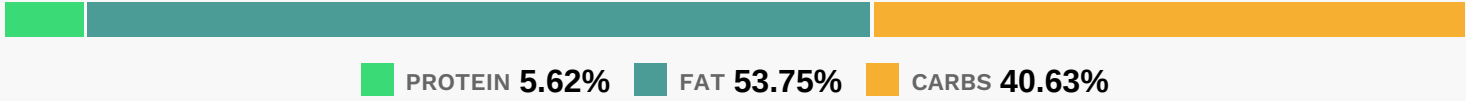
Equipment

- ☐ food processor

Directions

☐ Process first 3 ingredients in a food processor until smooth. Stir in crushed pepper.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:3.5704348463079%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 19.59kcal (0.98%), Fat: 1.25g (1.92%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.58g (0.57%), Sugar: 1.23g (1.37%), Cholesterol: 0.84mg (0.28%), Sodium: 44.99mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 31.87mg (38.63%), Vitamin A: 789.65IU (15.79%), Vitamin K: 4.07µg (3.88%), Vitamin B6: 0.08mg (3.88%), Vitamin E: 0.52mg (3.46%), Folate: 11.64µg (2.91%), Fiber: 0.54g (2.16%), Manganese: 0.04mg (1.75%), Potassium: 56.08mg (1.6%), Vitamin B2: 0.02mg (1.28%), Vitamin B3: 0.25mg (1.25%)