



Roasted Red Pepper Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



4 kcal

SAUCE

Ingredients

- 6 basil leaves fresh whole
- 1 tsp penzey's southwest seasoning italian
- 1 dash pepper black
- 13 ounces roasted bell peppers red (in water)

Equipment

- blender

Directions

- Combine all ingredients in a blender and whiz until smooth.
- Heat thoroughly before serving.
- Amount Per Serving
- Calories
- Fat
- 10g
- Carbohydrate
- gDietary Fiber NA Sugars0.70gProtein0.20g

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3917391387665%

Nutrients (% of daily need)

Calories: 4.49kcal (0.22%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 315.37mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 10.74mg (13.02%), Vitamin A: 129.64IU (2.59%), Manganese: 0.05mg (2.25%), Vitamin B6: 0.04mg (2.12%), Copper: 0.03mg (1.57%), Fiber: 0.33g (1.31%), Iron: 0.23mg (1.28%), Vitamin K: 1.33µg (1.27%), Calcium: 11.53mg (1.15%), Potassium: 35.57mg (1.02%), Folate: 4.06µg (1.01%)