



Roasted Red Pepper Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



6 kcal

SAUCE

Ingredients

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

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:-2, Nutrition Score:1.430869548541%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 5.57kcal (0.28%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 327.43mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 10.78mg (13.07%), Vitamin A: 135.09IU (2.7%), Manganese: 0.05mg (2.3%), Vitamin B6: 0.04mg (2.21%), Copper: 0.03mg (1.61%), Fiber: 0.33g (1.33%), Vitamin K: 1.36µg (1.3%), Iron: 0.23mg (1.3%), Calcium: 11.69mg (1.17%), Potassium: 38.56mg (1.1%), Folate: 4.15µg (1.04%)