



Roasted red pepper shots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 onion roughly chopped
- ☐ 1 tbsp olive oil
- ☐ 3 garlic clove crushed
- ☐ 1 tbsp sugar
- ☐ 2 tbsp bell pepper red
- ☐ 400 g canned tomatoes peeled canned
- ☐ 295 g roasted peppers red
- ☐ 200 ml vegetable stock

☐ 30 servings basil for garnish

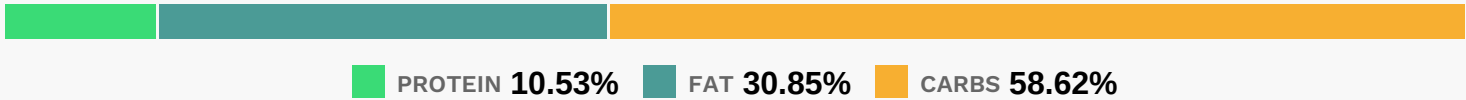
Equipment

- ☐ frying pan
- ☐ microwave
- ☐ immersion blender

Directions

- ☐ Fry the onion in olive oil for 8–10 mins, then add the crushed garlic cloves, sugar and red pepper pesto and cook for 1–2 mins. Tip in the plum tomatoes, drain and chop the roasted red peppers and add these too.
- ☐ Pour in the vegetable stock and simmer for 10 mins. Season, then blend until smooth with a hand blender. Cool. Freeze in freezer bags or a microwavable container.
- ☐ To serve, defrost in the fridge overnight, then reheat gently in a pan, or microwave for a few mins, stirring often, until hot.
- ☐ Serve in shot glasses, garnished with basil leaves, if you like.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:2.0704347905905%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 14.57kcal (0.73%), Fat: 0.55g (0.85%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 179.02mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 9.34µg (8.89%), Vitamin C: 7.32mg (8.87%), Vitamin A: 218.92IU (4.38%), Manganese: 0.07mg (3.68%), Vitamin B6: 0.05mg (2.53%), Copper: 0.05mg (2.37%),

Fiber: 0.49g (1.94%), Potassium: 67.2mg (1.92%), Iron: 0.33mg (1.85%), Vitamin E: 0.26mg (1.74%), Folate: 5.66µg (1.41%), Magnesium: 5.54mg (1.39%), Calcium: 13.54mg (1.35%), Vitamin B3: 0.25mg (1.24%), Vitamin B1: 0.02mg (1.05%)