



Roasted Red Pepper Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



50

CALORIES



24 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 cloves garlic unpeeled
- ☐ 8 oz half-pint jars with lids and bands ball® kerr®
- ☐ 1 pound plum tomatoes italian
- ☐ 6 pounds bell peppers red
- ☐ 0.5 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 1 small onion white

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ Roast red peppers, tomatoes, garlic and onion under a broiler or on a grill at 425 degrees F, turning to roast all sides, until tomatoes and peppers are blistered, blackened and softened and garlic and onion are blackened in spots.
- ☐ Remove from heat.
- ☐ Place pepper and tomatoes in paper bags, secure opening and let cool about 15 minutes. Allow garlic and onion to cool. Peel garlic and onion. Finely chop garlic. Set aside. Finely chop onion, measuring 1/4 cup. Set aside. Peel and seed peppers and tomatoes.
- ☐ Place peppers and tomatoes in a food processor or blender, working in batches, and process until smooth.
- ☐ Prepare boiling water canner.
- ☐ Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
- ☐ Combine pepper and tomato puree, garlic, onion, vinegar, basil, sugar and salt in a large saucepan. Bring to a boil. Reduce heat and simmer until mixture thickens and mounds on a spoon, about 20 minutes.
- ☐ Ladle hot spread into hot jars leaving 1/2 inch headspace. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
- ☐ Process in a boiling water canner for 10 minutes, adjusting for altitude.
- ☐ Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Nutrition Facts



 **PROTEIN 11.88%**  **FAT 23.99%**  **CARBS 64.13%**

Properties

Glycemic Index:5.34, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:7.8386956148821%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 23.86kcal (1.19%), Fat: 0.71g (1.09%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 2.97g (1.08%), Sugar: 3.01g (3.35%), Cholesterol: 1.59mg (0.53%), Sodium: 52.18mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 71.12mg (86.21%), Vitamin A: 1800.12IU (36%), Vitamin B6: 0.17mg (8.56%), Folate: 26.86µg (6.71%), Vitamin E: 0.92mg (6.14%), Fiber: 1.28g (5.12%), Potassium: 146.04mg (4.17%), Manganese: 0.08mg (3.87%), Vitamin K: 3.78µg (3.6%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.59mg (2.97%), Vitamin B1: 0.04mg (2.33%), Phosphorus: 21.46mg (2.15%), Magnesium: 8.3mg (2.08%), Vitamin B5: 0.2mg (1.96%), Iron: 0.28mg (1.55%), Zinc: 0.17mg (1.16%), Calcium: 10.43mg (1.04%)