



Roasted Yellow Pepper-and-Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 teaspoons dijon mustard



0.3 cup basil fresh finely chopped



1 garlic clove minced



2 tablespoons olive oil extra-virgin



0.1 teaspoon pepper



0.5 teaspoon salt



0.3 teaspoon sugar



0.3 cup citrus champagne vinegar

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1 pound bell peppers yellow peeled (3 small)

Equipment

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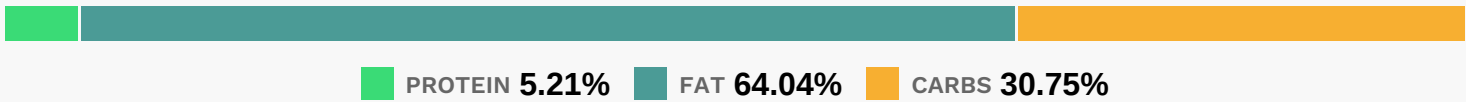
blender

Directions

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Combine all ingredients except basil in a blender; process until smooth. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:3.8460869711378%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 25.03kcal (1.25%), Fat: 1.83g (2.82%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 78.88mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 52.2mg (63.27%), Vitamin K: 3.16µg (3.01%), Vitamin B6: 0.05mg (2.55%), Manganese: 0.05mg (2.42%), Folate: 7.75µg (1.94%), Potassium: 65.21mg (1.86%), Vitamin E: 0.26mg (1.72%), Copper: 0.03mg (1.7%), Vitamin A: 83.51IU (1.67%), Vitamin B3: 0.26mg (1.3%), Fiber: 0.29g (1.16%), Iron: 0.19mg (1.06%), Magnesium: 4.22mg (1.06%)