



Romesco

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



97 kcal

SAUCE

Ingredients

- 2 garlic clove smashed
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon
- 0.5 cup olive oil extra virgin extra-virgin
- 1 medium onion peeled halved lengthwise
- 2 teaspoons paprika smoked sweet spanish
- 0.8 teaspoon pepper red
- 1.5 cups roasted peppers red rinsed coarsely chopped

- 2 teaspoons sherry vinegar
- 0.3 cup almonds
- 1 slice frangelico thick chopped (4 by 5 in. and)
- 1 slice frangelico thick chopped (4 by 5 in. and)

Equipment

- food processor
- frying pan
- oven
- pie form

Directions

- Preheat oven to 42
- Coat onion with 1 tbsp. oil. Roast in a pie pan, cut side down, until soft when pressed, 40 to 45 minutes. Discard dark outer layer. Slice onion crosswise.
- Toast bread and almonds in a large frying pan over medium-low to low heat, stirring occasionally, until bread is crisp but not brown, 7 to 8 minutes.
- Add 3 tbsp. oil, the onion, peppers, garlic, paprika, and chile flakes. Cook, stirring occasionally, until garlic is softened, 8 to 12 minutes.
- Pure mixture in a food processor with remaining 5 tbsp. oil, the vinegar, lemon juice, and salt.
- Make ahead: Up to 1 week, chilled; serve at room temperature.

Nutrition Facts



PROTEIN 9.16% **FAT 67.88%** **CARBS 22.96%**

Properties

Glycemic Index:13.67, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:6.1856521575347%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg,

Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin:
0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,
Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg,
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin:
1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin:
3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 96.95kcal (4.85%), Fat: 7.83g (12.04%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 5.96g (1.99%), Net
Carbohydrates: 3.88g (1.41%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 678.73mg (29.51%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin C: 19.89mg (24.11%), Vitamin E: 2.85mg (19.02%),
Manganese: 0.29mg (14.73%), Vitamin A: 585.32IU (11.71%), Fiber: 2.08g (8.32%), Magnesium: 29.31mg (7.33%),
Copper: 0.15mg (7.29%), Vitamin B2: 0.12mg (6.97%), Vitamin B6: 0.13mg (6.47%), Phosphorus: 55.44mg (5.54%),
Potassium: 166.06mg (4.74%), Iron: 0.85mg (4.71%), Calcium: 44.65mg (4.47%), Folate: 14.01µg (3.5%), Vitamin B3:
0.61mg (3.04%), Vitamin K: 3.06µg (2.91%), Zinc: 0.4mg (2.64%), Vitamin B1: 0.04mg (2.63%), Selenium: 0.76µg
(1.09%), Vitamin B5: 0.1mg (1.05%)