



Romesco Sauce

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

SAUCE

Ingredients

- 4 cups pieces bell pepper red (1-inch)
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup less-sodium chicken broth fat-free
- 2 teaspoons olive oil
- 1 tablespoon sherry vinegar
- 0.3 cup slivered almonds
- 0.8 cup bread white cubed (1-inch) (1 [1-ounce] slice)

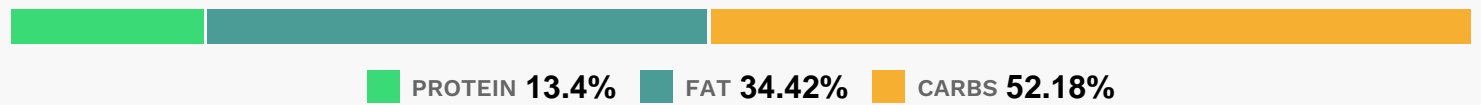
Equipment

- frying pan
- sauce pan
- blender

Directions

- Combine bell pepper and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until very tender.
- Heat oil in a large nonstick skillet over medium heat.
- Add bread; cook 2 minutes or until lightly browned, stirring frequently.
- Add almonds; cook 1 minute or until nuts are lightly browned, stirring constantly.
- Place bell pepper mixture, nut mixture, vinegar, and tomatoes in a blender; process until smooth.
- Pour pureed mixture into pan; cook 3 minutes or until thoroughly heated.
- Note: Store in refrigerator for up to 1 week or in freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:13.351739165576%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 77.08kcal (3.85%), Fat: 3.25g (5%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 8.03g (2.92%), Sugar: 5.8g (6.45%), Cholesterol: 0mg (0%), Sodium: 207.19mg (9.01%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin C: 100.1mg (121.33%), Vitamin A: 2443.15IU (48.86%), Vitamin E: 2.84mg (18.91%), Vitamin B6: 0.31mg (15.32%), Manganese: 0.28mg (14.18%), Fiber: 3.06g (12.24%), Folate: 47.4µg (11.85%), Potassium: 346.68mg (9.91%), Vitamin B3: 1.84mg (9.19%), Vitamin B2: 0.14mg (8.51%), Copper: 0.15mg (7.61%), Magnesium: 29.83mg (7.46%), Vitamin B1: 0.11mg (7.27%), Iron: 1.31mg (7.27%), Vitamin K: 6.98µg (6.65%), Phosphorus: 60.08mg (6.01%), Vitamin B5: 0.45mg (4.52%), Calcium: 41.92mg (4.19%), Zinc: 0.47mg (3.16%), Selenium: 2.12µg (3.03%)