

# Romesco Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



93 kcal

SAUCE

## Ingredients

- 1 slice bread
- 12 cloves garlic
- 10 servings kosher salt to taste
- 0.7 cup olive oil
- 0.5 teaspoon paprika spanish
- 1 large bell pepper red quartered
- 1 pinch pepper flakes red crushed to taste
- 0.5 cup red wine vinegar

- 6 roma tomatoes halved (plum)
- 0.5 cup almonds whole toasted

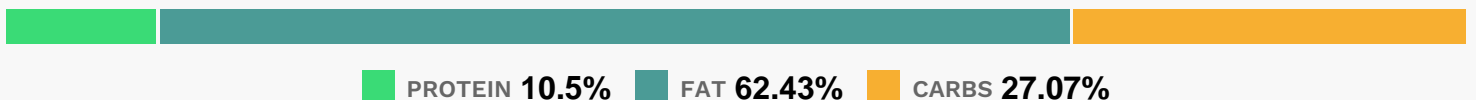
## Equipment

- food processor
- frying pan
- baking sheet
- oven
- blender
- aluminum foil

## Directions

- Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.
- Place the tomatoes, bell pepper, and garlic cloves onto the prepared baking sheet.
- Brush the vegetables with some of the olive oil, then sprinkle with kosher salt.
- Bake in the preheated oven until the garlic has turned golden brown, 15 to 20 minutes.
- Remove from the oven, and allow to cool for 10 minutes. While the vegetables are cooling, bake the bread slice on one of the oven racks until golden brown.
- Remove and allow to cool.
- Scrape the vegetables and any juices from the pan into a food processor or blender. Break the bread into pieces, and add to the food processor along with the toasted almonds, vinegar, paprika, and red pepper flakes. Puree until finely ground, then drizzle in the remaining olive oil with the machine running. Season to taste with additional salt if necessary.

## Nutrition Facts



## Properties

Glycemic Index:20.07, Glycemic Load:1.7, Inflammation Score:-6, Nutrition Score:7.0273912730424%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 93.22kcal (4.66%), Fat: 6.72g (10.34%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 211.42mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 27.59mg (33.45%), Vitamin E: 2.72mg (18.14%), Vitamin A: 834.49IU (16.69%), Manganese: 0.32mg (16.21%), Fiber: 1.88g (7.52%), Magnesium: 27.94mg (6.99%), Vitamin B6: 0.14mg (6.8%), Vitamin B2: 0.11mg (6.7%), Phosphorus: 57.75mg (5.78%), Copper: 0.11mg (5.74%), Potassium: 199.01mg (5.69%), Vitamin K: 5.7µg (5.43%), Folate: 18.87µg (4.72%), Vitamin B3: 0.83mg (4.13%), Vitamin B1: 0.06mg (3.74%), Iron: 0.67mg (3.74%), Calcium: 35.03mg (3.5%), Zinc: 0.4mg (2.69%), Selenium: 1.63µg (2.33%), Vitamin B5: 0.16mg (1.64%)