

Romesco Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



151 kcal

SAUCE

Ingredients

- 2 ounces top
- 2 medium garlic clove peeled
- 1 teaspoon kosher salt
- 0.3 cup olive oil
- 2 tablespoons red wine vinegar
- 7.3 ounce roasted peppers red drained (1 cup)
- 0.5 teaspoon paprika smoked
- 0.5 medium tomatoes

0.3 cup almonds raw whole

Equipment

food processor

baking sheet

oven

blender

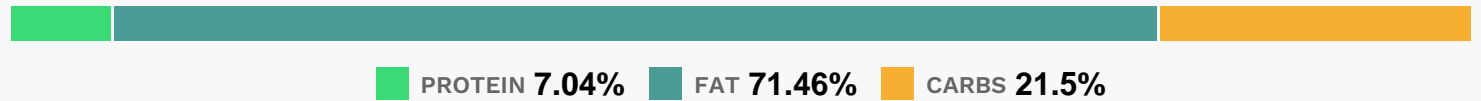
Directions

Heat the oven to 450°F and arrange a rack in the middle. Arrange the tomato, garlic, bread, and almonds on a rimmed baking sheet and roast until the bread and almonds are lightly toasted, about 5 to 7 minutes.

Transfer the roasted ingredients to a food processor or blender and pulse to coarsely chop.

Add the roasted red peppers, vinegar, olive oil, salt, and paprika and pulse again until well combined and relatively smooth.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:6.1852173882982%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 150.68kcal (7.53%), Fat: 12.35g (19%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 6.79g (2.47%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 914.86mg (39.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 17.67mg (21.42%), Vitamin E: 2.95mg (19.64%), Manganese: 0.27mg (13.74%), Vitamin B2: 0.12mg (7.27%), Vitamin A: 345.75IU (6.92%), Copper: 0.13mg (6.56%), Vitamin B1: 0.09mg (6.28%), Fiber: 1.57g (6.26%), Magnesium: 24.76mg (6.19%), Vitamin K: 6.44µg (6.14%), Iron: 1.02mg (5.67%), Folate: 21.38µg (5.34%), Vitamin B6: 0.1mg (5.17%), Phosphorus: 50.35mg (5.03%), Vitamin B3: 0.94mg (4.72%), Selenium: 3.2µg (4.58%), Potassium: 138.97mg (3.97%), Calcium: 38.83mg (3.88%), Zinc: 0.38mg (2.56%)