

Romesco Sauce



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



166 kcal

SAUCE

Ingredients

- ☐ 0.5 oz ancho chili pepper dried
- ☐ 2 tablespoons blanched almonds and
- ☐ 2 large garlic clove sliced
- ☐ 2 tablespoons hazelnuts with a kitchen towel while warm toasted
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup pimientos rinsed drained
- ☐ 0.1 teaspoon pepper dried red hot
- ☐ 1 tablespoon red-wine vinegar

- ☐ 0.3 teaspoon salt to taste
- ☐ 0.5 lb tomatoes cored
- ☐ 2 tablespoons water
- ☐ 0.5 inch sandwich bread white firm cut into 1/2-inch cubes

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

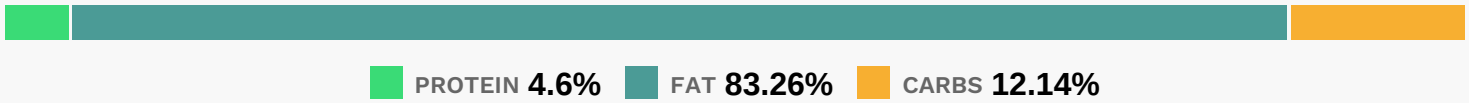
Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Line a small baking pan with foil.
- ☐ Roast tomato in pan until tender and skin peels off easily, about 30 minutes.
- ☐ While tomato is roasting, slit chile open lengthwise and discard stem and seeds, then tear chile into small pieces.
- ☐ Heat oil in an 8- to 10-inch heavy skillet over moderate heat until hot but not smoking, then add chile and cook, stirring, until fragrant and chile turns a brighter red, 30 seconds to 1 minute.
- ☐ Transfer chile with a slotted spoon to a heatproof bowl.
- ☐ Add hazelnuts to skillet along with almonds, bread, garlic, and red pepper flakes and cook, stirring, until bread and garlic are golden, 2 to 3 minutes.
- ☐ Add mixture (including oil) to chile in bowl and cool slightly.
- ☐ Peel tomato, then coarsely chop and transfer (with juices) to a food processor.
- ☐ Add bread and chile mixture, pimientos, water, vinegar, and 1/4 teaspoon salt and purée until smooth. Thin with water if desired and season with salt.

☐

Sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.*Available at Latino markets, many supermarkets, and kitchenmarket.com.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:6.7178260528523%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 166.03kcal (8.3%), Fat: 16.04g (24.67%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 105.48mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Vitamin A: 1166.38IU (23.33%), Vitamin E: 3.38mg (22.55%), Vitamin C: 14.78mg (17.91%), Manganese: 0.36mg (17.85%), Vitamin K: 14.12µg (13.44%), Fiber: 2.01g (8.04%), Copper: 0.13mg (6.44%), Potassium: 200.02mg (5.71%), Magnesium: 21.69mg (5.42%), Vitamin B6: 0.11mg (5.32%), Iron: 0.79mg (4.37%), Phosphorus: 42.3mg (4.23%), Vitamin B2: 0.07mg (4.17%), Vitamin B3: 0.69mg (3.44%), Folate: 13.11µg (3.28%), Vitamin B1: 0.05mg (3.24%), Zinc: 0.3mg (2.03%), Calcium: 19.94mg (1.99%), Vitamin B5: 0.11mg (1.06%)