

Romesco Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 garlic clove smashed
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large roasted bell pepper from a jar red
- ☐ 6 servings sea salt and pepper black freshly ground fine
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.5 cup slivered almonds toasted

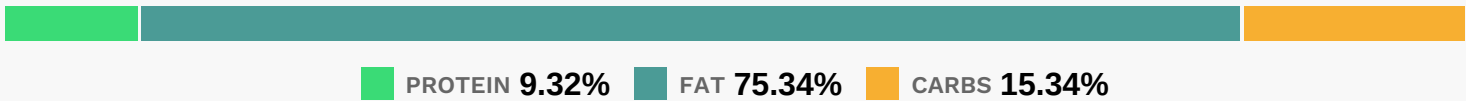
- ☐ 1 teaspoon paprika smoked
- ☐ 0.3 cup tomato purée

Equipment

Directions

- ☐ Pulse first 8 ingredients in a food processoruntil very finely chopped. With motorrunning, slowly add oil; process untilsmooth. Season with salt and pepper.DO AHEAD: Romesco can be made 1 weekahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:5.8256521510041%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 93.09kcal (4.65%), Fat: 8.22g (12.65%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 89.17mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin K: 24.98µg (23.79%), Vitamin E: 3.2mg (21.3%), Manganese: 0.27mg (13.41%), Vitamin A: 434.27IU (8.69%), Vitamin C: 6.11mg (7.41%), Magnesium: 29.5mg (7.37%), Vitamin B2: 0.12mg (7.11%), Copper: 0.14mg (7.02%), Fiber: 1.65g (6.59%), Phosphorus: 52.52mg (5.25%), Iron: 0.8mg (4.47%), Potassium: 146.56mg (4.19%), Calcium: 33.24mg (3.32%), Vitamin B3: 0.59mg (2.95%), Vitamin B6: 0.06mg (2.8%), Zinc: 0.37mg (2.48%), Folate: 8.55µg (2.14%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.11mg (1.11%)