



Rouille



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce sourdough bread cubed
- ☐ 1 cup water

☐ 2 tablespoons water

Equipment

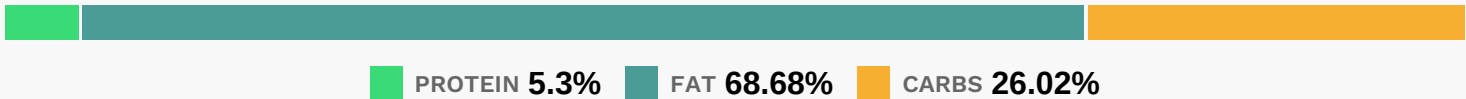
☐ food processor

☐ bowl

Directions

- ☐ Soak the bread in 1 cup water for 10 minutes; squeeze the moisture from the bread.
- ☐ Place the bread, 2 tablespoons water, oil, and remaining ingredients in a food processor, and process 2 minutes or until smooth, scraping the sides of the bowl once.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:1.49, Inflammation Score:-2, Nutrition Score:2.2095652002355%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 46.5kcal (2.32%), Fat: 3.68g (5.66%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 508.16mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 12.06mg (14.62%), Manganese: 0.07mg (3.62%), Vitamin E: 0.53mg (3.54%), Vitamin A: 155.1IU (3.1%), Vitamin B6: 0.06mg (2.95%), Copper: 0.05mg (2.28%), Vitamin B1: 0.03mg (2.21%), Folate: 8.54µg (2.14%), Vitamin K: 2.19µg (2.09%), Iron: 0.38mg (2.09%), Selenium: 1.2µg (1.72%), Fiber: 0.41g (1.64%), Vitamin B3: 0.32mg (1.59%), Calcium: 14.63mg (1.46%), Vitamin B2: 0.02mg (1.42%), Potassium: 45.34mg (1.3%), Magnesium: 4.52mg (1.13%), Phosphorus: 10.06mg (1.01%)