

Saffron Rouille



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon ground pepper
- 2 teaspoons garlic finely chopped
- 0.5 teaspoon juice of lemon fresh
- 1 cup mayonnaise
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup roasted peppers red chopped
- 0.1 teaspoon saffron threads crumbled
- 0.3 teaspoon water hot

Equipment

blender

Directions

Sprinkle saffron over hot water in a small cup and let stand 1 minute.

Blend saffron mixture with remaining ingredients and 1/4 teaspoon salt in a blender until smooth.

·Instead of your own roasted peppers, you can use rinsed bottled roasted red peppers:Rouille can be made 2 days ahead and chilled, covered.

Nutrition Facts

 **PROTEIN 0.58%**  **FAT 98.36%**  **CARBS 1.06%**

Properties

Glycemic Index:30.33, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:4.4273912064407%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.59kcal (16.83%), Fat: 36.98g (56.89%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.25g (0.28%), Cholesterol: 15.68mg (5.23%), Sodium: 317.34mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin K: 66.42µg (63.26%), Vitamin E: 2.57mg (17.14%), Vitamin C: 3.31mg (4.02%), Vitamin A: 124.08IU (2.48%), Manganese: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.5%), Selenium: 1.03µg (1.48%), Iron: 0.21mg (1.14%), Phosphorus: 11.06mg (1.11%)