



## Smoked Red Pepper Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



46 kcal

SAUCE

### Ingredients

- 4 grilled bell peppers red peeled seeded chopped
- 1 tablespoon chipotle puree
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 0.5 cup olive oil
- 0.5 small onion red coarsely chopped
- 0.3 cup red wine vinegar
- 4 cloves roasted garlic peeled

10 servings salt and pepper black freshly ground

## Equipment

bowl

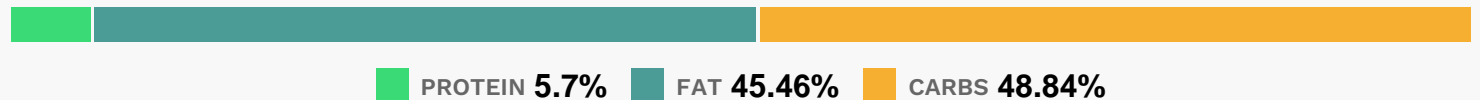
blender

## Directions

Combine peppers, onion, garlic, vinegar, honey, mustard, chipotle and salt and pepper in a blender and blend until smooth. With the motor running, slowly add the oil and blend until emulsified. Strain sauce into a bowl.

Cook's Note: This classic sauce is great on grilled veggies, chicken, fish and steak.

## Nutrition Facts



## Properties

Glycemic Index:20.53, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:7.0843478648559%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 45.84kcal (2.29%), Fat: 2.45g (3.77%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.56g (1.66%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 19.42mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 61.76mg (74.86%), Vitamin A: 1492.26IU (29.85%), Vitamin B6: 0.16mg (8.09%), Vitamin E: 1.15mg (7.68%), Folate: 23.14µg (5.79%), Fiber: 1.36g (5.44%), Manganese: 0.1mg (5.2%), Vitamin K: 4.16µg (3.96%), Potassium: 120.28mg (3.44%), Vitamin B2: 0.05mg (2.66%), Vitamin B3: 0.49mg (2.46%), Vitamin B1: 0.03mg (2.24%), Magnesium: 7.73mg (1.93%), Iron: 0.34mg (1.9%), Phosphorus: 18.15mg (1.81%), Vitamin B5: 0.17mg (1.72%), Selenium: 0.78µg (1.11%), Zinc: 0.16mg (1.06%)