



Spanish Romesco Sauce



Vegetarian



Vegan



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



197 kcal

SAUCE

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 slice top
- ☐ 0.5 cup blanched almonds and peeled chopped (can substitute hazelnuts,)
- ☐ 5 garlic cloves chopped
- ☐ 1 teaspoon salt
- ☐ 15 ounce canned tomatoes fresh whole canned crushed (including the juice)
- ☐ 8 ounce roasted bell peppers red drained
- ☐ 1 tablespoon paprika smoked sweet (preferred)

☐ 2 tablespoons red wine vinegar

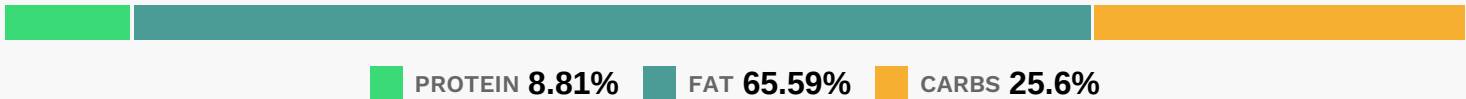
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Sauté torn bread and almonds: Preheat the oven to 350°F.
- ☐ Heat the olive oil in a medium sauté pan over medium-high heat. When the oil is hot, sauté the bread and almonds, stirring often, until they just begin to brown.
- ☐ Add the garlic and sauté another 1-2 minutes, stirring once or twice.
- ☐ Place the contents of the sauté pan into a food processor with the remaining ingredients—salt, tomatoes, roasted bell peppers, smoked paprika, vinegar. Purée until smooth.
- ☐ Spread the sauce out on a rimmed sheet pan and bake in a 350°F oven for 10-15 minutes, or until the edges begin to caramelize.
- ☐ Allow to cool and scrape into a container to store.
- ☐ To use romesco sauce, mix with pasta, shrimp, chicken or vegetables either before or after they are cooked, much like you would a pesto.
- ☐ Kept in a sealed container, Romesco sauce will last for a week or more in the fridge. It freezes well, too.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:4.53, Inflammation Score:-7, Nutrition Score:10.443913242091%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 196.85kcal (9.84%), Fat: 15.1g (23.23%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 10.37g (3.77%), Sugar: 2.81g (3.12%), Cholesterol: 0mg (0%), Sodium: 1074.39mg (46.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin E: 4.62mg (30.77%), Vitamin C: 24.98mg (30.28%), Manganese: 0.43mg (21.29%), Vitamin A: 855.06IU (17.1%), Copper: 0.24mg (11.89%), Iron: 2.11mg (11.74%), Fiber: 2.89g (11.55%), Magnesium: 46.2mg (11.55%), Vitamin B6: 0.23mg (11.27%), Vitamin B2: 0.19mg (11%), Vitamin B1: 0.15mg (9.72%), Phosphorus: 90.22mg (9.02%), Potassium: 308.3mg (8.81%), Vitamin B3: 1.73mg (8.63%), Vitamin K: 8.53µg (8.12%), Folate: 30.59µg (7.65%), Calcium: 75.43mg (7.54%), Selenium: 4µg (5.71%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.21mg (2.11%)