



Yellow Bell Pepper Coulis



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 garlic clove crushed
- ☐ 3 cups low-salt chicken broth
- ☐ 1 teaspoon butter
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots chopped
- ☐ 1 tablespoon tarragon vinegar
- ☐ 2 thyme sprigs

☐ 2.3 cups bell pepper yellow chopped

Equipment

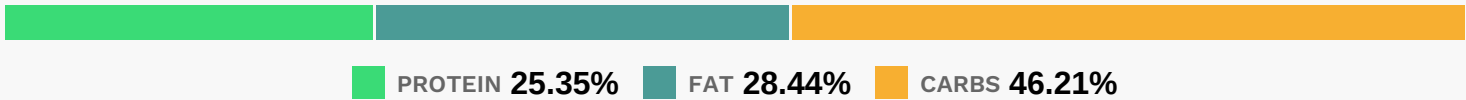
☐ sauce pan

☐ blender

Directions

- ☐ Melt margarine in a saucepan over medium heat.
- ☐ Add shallots, thyme, and garlic; saut 2 minutes.
- ☐ Add broth, bell pepper, salt, and black pepper; bring to a boil, and cook 35 minutes or until reduced to 1 cup. Discard thyme.
- ☐ Place bell pepper mixture and vinegar in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:8.5930434918922%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 64.24kcal (3.21%), Fat: 2.26g (3.48%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.33g (2.66%), Sugar: 0.44g (0.48%), Cholesterol: 0mg (0%), Sodium: 139.8mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin C: 155.03mg (187.92%), Vitamin B3: 3.19mg (15.96%), Potassium: 345.76mg (9.88%), Copper: 0.19mg (9.41%), Vitamin B6: 0.18mg (8.92%), Phosphorus: 76.94mg (7.69%), Manganese: 0.14mg (6.84%), Folate: 22.91µg (5.73%), Iron: 0.9mg (4.97%), Vitamin A: 236.6IU (4.73%), Vitamin B2: 0.08mg (4.61%), Fiber: 0.94g (3.74%), Magnesium: 13.53mg (3.38%), Vitamin B12: 0.18µg (2.97%), Zinc: 0.35mg (2.32%), Calcium: 21.54mg (2.15%), Vitamin B1: 0.03mg (1.79%), Vitamin B5: 0.16mg (1.56%)