



Yellow Pepper Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SAUCE

Ingredients

- 0.3 teaspoon salt
- 1 cup whipping cream
- 2 large bell peppers yellow coarsely chopped

Equipment

- food processor
- bowl
- sauce pan
- sieve

blender

Directions

- Combine ingredients in a saucepan over medium heat; cover and simmer 30 minutes.
- Process mixture in a blender or food processor until smooth.
- Pour puree through a wire-mesh strainer into a bowl.
- Serve warm.

Nutrition Facts

PROTEIN 4.44% **FAT 82.72%** **CARBS 12.84%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:9.196956453116%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg 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: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 227.41kcal (11.37%), Fat: 21.67g (33.35%), Saturated Fat: 13.71g (85.71%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.73g (2.45%), Sugar: 1.74g (1.93%), Cholesterol: 67.24mg (22.41%), Sodium: 163.27mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 171.01mg (207.29%), Vitamin A: 1060.65IU (21.21%), Vitamin B6: 0.18mg (8.85%), Vitamin B2: 0.14mg (7.95%), Potassium: 253.71mg (7.25%), Folate: 26.56µg (6.64%), Vitamin D: 0.95µg (6.35%), Phosphorus: 56.83mg (5.68%), Manganese: 0.11mg (5.49%), Copper: 0.11mg (5.31%), Calcium: 49.59mg (4.96%), Vitamin B3: 0.87mg (4.33%), Magnesium: 15.33mg (3.83%), Vitamin E: 0.55mg (3.65%), Fiber: 0.84g (3.35%), Vitamin B5: 0.31mg (3.08%), Selenium: 2.06µg (2.95%), Iron: 0.49mg (2.71%), Vitamin B1: 0.04mg (2.53%), Zinc: 0.3mg (2.01%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.1µg (1.59%)