

Zingy Red Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SAUCE

Ingredients

- ☐ 0.5 cup roasted almonds unsalted
- ☐ 2 garlic cloves
- ☐ 4 servings kosher salt black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup roasted peppers from a jar red chopped (2)

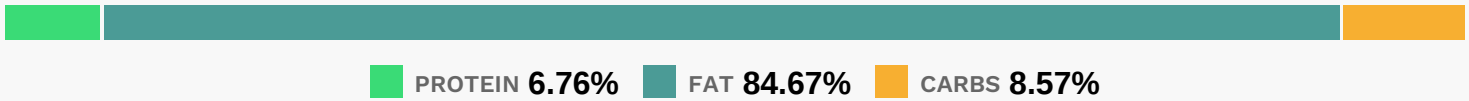
Equipment

- ☐ food processor

Directions

- ☐ Purée 2 garlic cloves, 1/2 cup chopped roasted red peppers from a jar (about 2), 1/2 cup unsalted, roasted almonds, and 2 tablespoons red wine vinegar in a food processor until smooth. With motor running, add 1/4 cup extra-virgin olive oil and process until smooth; season with kosher salt, freshly ground black pepper, and more vinegar, if desired.
- ☐ DO AHEAD: Sauce can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:7.7504347303639%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 229.9kcal (11.49%), Fat: 22.48g (34.59%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 240.9mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin E: 6.52mg (43.48%), Manganese: 0.48mg (23.89%), Magnesium: 51.03mg (12.76%), Vitamin B2: 0.21mg (12.4%), Copper: 0.21mg (10.67%), Vitamin C: 8.64mg (10.48%), Fiber: 2.5g (10%), Phosphorus: 92.53mg (9.25%), Vitamin K: 8.32µg (7.92%), Calcium: 59mg (5.9%), Iron: 0.95mg (5.27%), Potassium: 166.98mg (4.77%), Zinc: 0.61mg (4.07%), Vitamin B3: 0.75mg (3.77%), Vitamin B6: 0.07mg (3.73%), Vitamin B1: 0.04mg (2.94%), Folate: 10.73µg (2.68%), Vitamin A: 91.86IU (1.84%), Selenium: 1µg (1.43%), Vitamin B5: 0.1mg (1.01%)