

Smoked Red Pepper-Walnut Dressing

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Servings: 16

Yield: 2 cups

*1 cup chopped roasted red peppers
(jarred will work)*

1/2 cup extra-virgin olive oil

*1/2 cup walnuts, toasted, coarsely
chopped*

2/3 cup pomegranate juice

1 teaspoon coarse salt

crushed red pepper flakes (optional)

In a food processor or blender, combine all of
the ingredients.

Whirl until smooth.

Per Serving (excluding unknown
items): 65 Calories; 7g Fat (91.1%
calories from fat); trace Protein; 1g
Carbohydrate; 0g Dietary Fiber;
0mg Cholesterol; 119mg Sodium.
Exchanges: 0 Fruit; 1 1/2 Fat.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	65
% Calories from Fat:	91.1%
% Calories from Carbohydrates:	8.6%
% Calories from Protein:	0.3%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	trace
Sodium (mg):	119mg
Potassium (mg):	21mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	0mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 65 Calories from Fat: 60

% Daily Values*

Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	119mg	5%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.