



4 Cheese Hot Roasted Red Pepper Dip



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cream cheese room temperature
- ☐ 1 cup manchego shredded
- ☐ 0.5 cup parmigiano reggiano shredded (parmesan)
- ☐ 4 servings bell pepper to taste
- ☐ 2 roasted peppers diced red
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 teaspoon paprika smoked

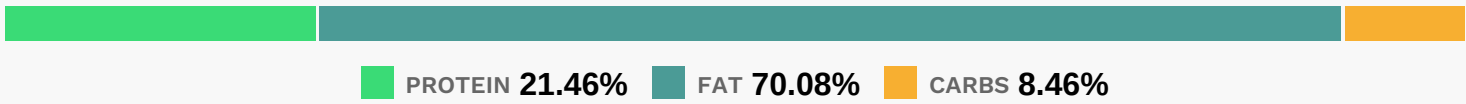
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything, place in baking dish and bake at 350F until golden brown on top and bubbling on the sides, about 20–30 minutes.
- ☐ Serve hot and enjoy!

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:17.604782627976%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 377.53kcal (18.88%), Fat: 29.67g (45.65%), Saturated Fat: 18.59g (116.16%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.1g (2.22%), Sugar: 4.64g (5.15%), Cholesterol: 89.48mg (29.83%), Sodium: 892.89mg (38.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Vitamin C: 103.97mg (126.02%), Vitamin A: 3498.08IU (69.96%), Calcium: 633.12mg (63.31%), Phosphorus: 240.84mg (24.08%), Vitamin B2: 0.26mg (15.35%), Vitamin B6: 0.3mg (14.9%), Selenium: 10.17µg (14.53%), Vitamin B12: 0.85µg (14.18%), Vitamin E: 1.65mg (10.98%), Folate: 42.86µg (10.72%), Zinc: 1.54mg (10.3%), Fiber: 1.96g (7.84%), Potassium: 265.81mg (7.59%), Manganese: 0.14mg (6.75%), Magnesium: 25.52mg (6.38%), Vitamin K: 5.5µg (5.24%), Vitamin B5: 0.51mg (5.13%), Vitamin B3: 0.97mg (4.85%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.42%), Copper: 0.05mg (2.62%), Vitamin D: 0.17µg (1.16%)