



Best Roasted Red Pepper Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



25 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic minced
- 1 tablespoon olive oil
- 12 ounce roasted bell peppers red drained
- 8 servings salt and pepper to taste

Equipment

- food processor
- bowl

Directions

- Combine the peppers, garlic, balsamic vinegar, olive oil, and salt and pepper in the work bowl of a food processor, and pulse several times until blended and smooth. Refrigerate leftovers.

Nutrition Facts

PROTEIN 5.56% **FAT 62.87%** **CARBS 31.57%**

Properties

Glycemic Index:10, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:2.4982608789983%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25.44kcal (1.27%), Fat: 1.88g (2.89%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.3g (0.34%), Cholesterol: 0mg (0%), Sodium: 776.51mg (33.76%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 19.89mg (24.11%), Vitamin A: 221.16IU (4.42%), Vitamin B6: 0.08mg (4.02%), Manganese: 0.08mg (3.87%), Copper: 0.06mg (2.85%), Iron: 0.37mg (2.07%), Fiber: 0.52g (2.07%), Potassium: 65.89mg (1.88%), Calcium: 18.79mg (1.88%), Folate: 6.82µg (1.7%), Vitamin E: 0.25mg (1.68%), Magnesium: 5.02mg (1.25%), Vitamin B3: 0.24mg (1.18%), Vitamin K: 1.06µg (1.01%)