



Creamy Red Pepper-Basil Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



88 kcal

SAUCE

Ingredients

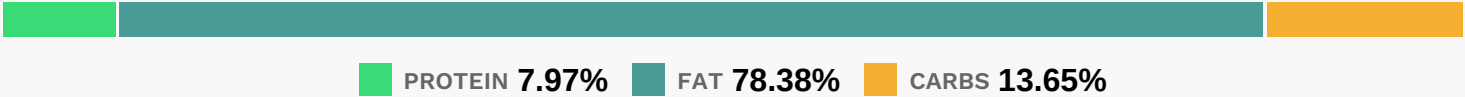
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce cream cheese
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 3 garlic cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounce roasted peppers red drained
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ With processor running, drop garlic through food chute; process until minced.
- ☐ Add basil; process 5 seconds until chopped.
- ☐ Add remaining ingredients; process until smooth.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:3.894782587238%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.98kcal (4.4%), Fat: 7.93g (12.2%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.91g (1.01%), Cholesterol: 22.91mg (7.64%), Sodium: 653.5mg (28.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin C: 17.11mg (20.74%), Vitamin A: 608.81IU (12.18%), Vitamin K: 10.62µg (10.11%), Manganese: 0.11mg (5.64%), Vitamin B6: 0.09mg (4.46%), Calcium: 42.43mg (4.24%), Vitamin B2: 0.07mg (3.86%), Phosphorus: 34.07mg (3.41%), Selenium: 2.19µg (3.13%), Copper: 0.06mg (3.09%), Potassium: 93.19mg (2.66%), Folate: 9.46µg (2.37%), Iron: 0.4mg (2.22%), Fiber: 0.5g (1.98%), Magnesium: 7.81mg (1.95%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.22mg (1.46%), Zinc: 0.21mg (1.38%), Vitamin B3: 0.24mg (1.19%), Vitamin B1: 0.02mg (1.12%)