



Creamy Spanish Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-ounce jar)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup alouette garlic & herbs spreadable cheese (from 4- or 6.5-ounce container)
- ☐ 0.3 cup chili sauce
- ☐ 1 tablespoons milk

Equipment

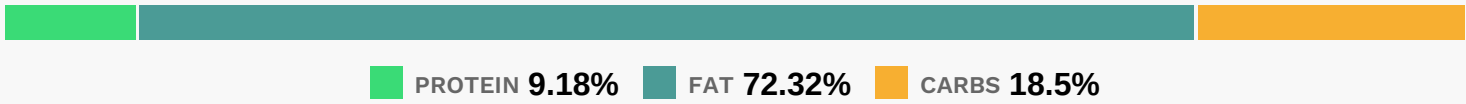
- ☐ food processor

☐ bowl

Directions

- ☐ Place almonds in food processor bowl; cover and process 10 to 15 seconds or until finely ground.
- ☐ Add roasted peppers and crushed red pepper; cover and process about 10 seconds or until finely ground.
- ☐ Add cheese, chili sauce and 1 tablespoon of the milk; cover and process about 10 seconds or until well mixed.
- ☐ Add remaining 1 tablespoon milk if needed for dipping consistency.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.594782653062%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 395.75kcal (19.79%), Fat: 33.61g (51.7%), Saturated Fat: 12.26g (76.62%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 14.64g (5.32%), Sugar: 6.09g (6.77%), Cholesterol: 62.32mg (20.77%), Sodium: 1250.71mg (54.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin E: 7.67mg (51.11%), Manganese: 0.68mg (33.87%), Vitamin C: 21.74mg (26.35%), Vitamin B2: 0.35mg (20.88%), Magnesium: 82.12mg (20.53%), Fiber: 4.7g (18.8%), Copper: 0.37mg (18.53%), Phosphorus: 162.94mg (16.29%), Potassium: 391.4mg (11.18%), Calcium: 103.86mg (10.39%), Vitamin A: 500.6IU (10.01%), Iron: 1.6mg (8.88%), Vitamin B3: 1.75mg (8.76%), Vitamin B6: 0.16mg (8.19%), Zinc: 1mg (6.68%), Vitamin B1: 0.1mg (6.64%), Folate: 20.62µg (5.16%), Selenium: 1.78µg (2.54%), Vitamin K: 2.06µg (1.96%), Vitamin B5: 0.17mg (1.7%)