



Feta and Roasted Red Pepper Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



7

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 8 ounces feta cheese
- ☐ 1 clove garlic minced
- ☐ 0.3 cup yogurt plain
- ☐ 1 roasted bell pepper red

Equipment

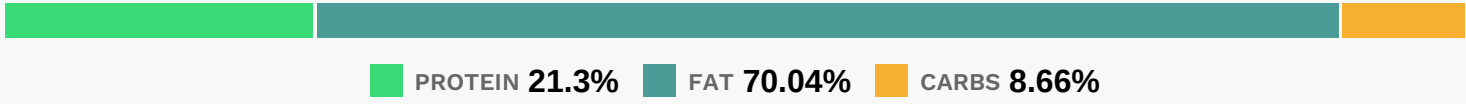
- ☐ blender

Directions

☐

Place the roasted pepper, garlic, feta cheese, yogurt, and cayenne pepper into a blender. Cover, and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:15.43, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:4.5886956919795%

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: 92.83kcal (4.64%), Fat: 7.27g (11.19%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.41g (0.46%), Cholesterol: 29.97mg (9.99%), Sodium: 445.82mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Calcium: 173.28mg (17.33%), Vitamin B2: 0.29mg (16.94%), Phosphorus: 119.25mg (11.93%), Vitamin B12: 0.58µg (9.67%), Vitamin B6: 0.16mg (7.76%), Selenium: 5.13µg (7.33%), Zinc: 1mg (6.66%), Vitamin B1: 0.05mg (3.64%), Vitamin A: 178.86IU (3.58%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 2.65mg (3.21%), Folate: 11.85µg (2.96%), Magnesium: 7.92mg (1.98%), Vitamin B3: 0.36mg (1.8%), Iron: 0.27mg (1.48%), Manganese: 0.03mg (1.27%), Potassium: 43.37mg (1.24%)