



Garlicky Roasted Red Pepper Dip

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 8 servings crudité and crackers assorted for serving
- ☐ 0.5 teaspoon cumin
- ☐ 1 head garlic
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 bell pepper red
- ☐ 8 servings salt and pepper

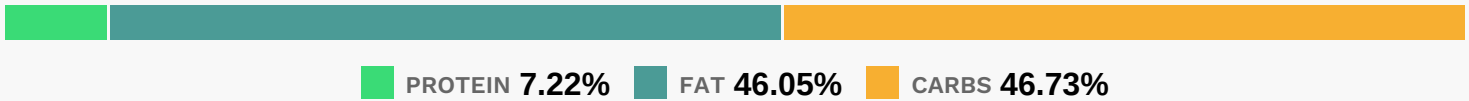
Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs

Directions

- ☐ Preheat oven to 400F.
- ☐ Cut off top of garlic head, place on a piece of foil, drizzle with oil and sprinkle with salt and pepper. Wrap tightly and roast until tender, 30 to 40 minutes.
- ☐ Let cool.
- ☐ Over an open flame or under a preheated broiler, cook bell pepper, turning frequently with tongs, until blackened all over.
- ☐ Place in a paper bag, close tightly and allow pepper to sweat for 10 minutes. Slip off pepper skin with your fingers.
- ☐ Roughly chop pepper, discarding seeds and membranes. Squeeze garlic cloves out of skins.
- ☐ Place pepper and garlic in food processor; add cumin, coriander and sour cream; puree until smooth. Season with salt and cayenne pepper. Cover and chill.
- ☐ Serve with assorted crudits and crackers.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:5.1004348034444%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin:

0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 112.47kcal (5.62%), Fat: 5.84g (8.99%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.54g (4.56%), Sugar: 2g (2.22%), Cholesterol: 5.03mg (1.68%), Sodium: 348.28mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin C: 20.29mg (24.6%), Vitamin A: 519.99IU (10.4%), Vitamin K: 9.18µg (8.74%), Manganese: 0.17mg (8.38%), Phosphorus: 64.02mg (6.4%), Vitamin B1: 0.09mg (6.17%), Vitamin E: 0.92mg (6.13%), Calcium: 54.04mg (5.4%), Iron: 0.95mg (5.26%), Folate: 20.07µg (5.02%), Vitamin B6: 0.1mg (5%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.08mg (4.52%), Fiber: 0.8g (3.19%), Potassium: 98.26mg (2.81%), Selenium: 1.72µg (2.45%), Magnesium: 7.83mg (1.96%), Copper: 0.04mg (1.85%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.06µg (1.01%)