



Herbed Cheese Dip with Crudités



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons capers chopped
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 16 ounces cream cheese light at room temperature
- ☐ 2 tablespoons roasted peppers red jarred drained chopped
- ☐ 8 servings salt and pepper

- ☐ 0.3 cup sun-dried olives dry packed in oil, drained and patted chopped
- ☐ 8 servings bell pepper assorted (such as cucumbers, carrots, celery and bell peppers)

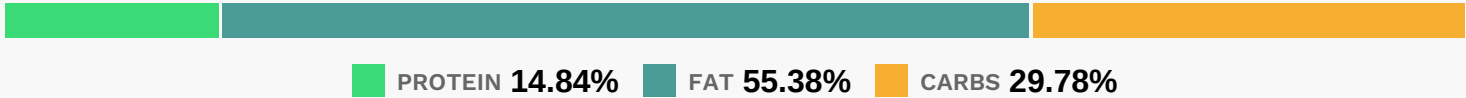
Equipment

- ☐ food processor
- ☐ kitchen scissors

Directions

- ☐ In food processor, blend cream cheese, tomatoes, olives, capers, garlic, red pepper and lemon juice until almost smooth. Season with salt and pepper. Stir in basil.
- ☐ Scrape mixture into a piping bag fitted with a plain or star tip; seal bag. Alternatively, use a large ziplock bag; seal it and snip off one corner with scissors. Pipe dip onto crudits and serve.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:13.692173994106%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 9.67g (14.88%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 9.49g (3.45%), Sugar: 7.79g (8.65%), Cholesterol: 30.62mg (10.21%), Sodium: 534.43mg (23.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Vitamin C: 99.3mg (120.36%), Vitamin A: 2751.81IU (55.04%), Vitamin B6: 0.27mg (13.64%), Potassium: 429.06mg (12.26%), Folate: 49µg (12.25%), Phosphorus: 120.42mg (12.04%), Vitamin B2: 0.19mg (11.1%), Vitamin E: 1.5mg (10.03%), Calcium: 99.7mg (9.97%), Manganese: 0.18mg (9.06%), Fiber: 2.22g (8.87%), Vitamin B12: 0.52µg (8.69%), Vitamin K: 9.06µg (8.63%), Vitamin B5: 0.8mg (7.97%), Vitamin B3: 1.16mg (5.79%), Vitamin B1: 0.09mg (5.67%), Magnesium: 21.93mg (5.48%), Copper: 0.1mg (4.84%), Iron: 0.83mg (4.59%), Zinc: 0.6mg (4.02%), Selenium: 2.7µg (3.85%), Vitamin D: 0.17µg (1.13%)