



Htipiti (Greek Roasted Red Pepper and Feta Cheese Dip)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces feta
- ☐ 1 clove garlic
- ☐ 1 green onion
- ☐ 1 roasted jalapeño pepper
- ☐ 1 tablespoon juice of lemon
- ☐ 1 roasted pepper red
- ☐ 2 ounces sun tomatoes dried packed in oil

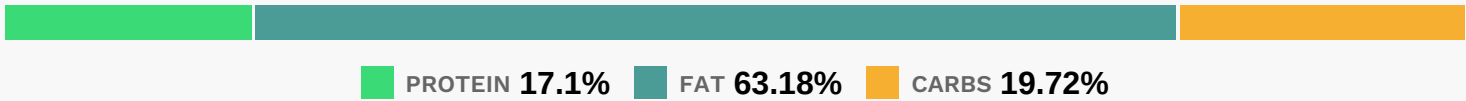
Equipment

☐ food processor

Directions

- ☐ Mix everything in a food processor. (
- ☐ Add some oil from the sun dried tomatoes if it is too thick.)

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:7.5852173048517%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 110.9kcal (5.55%), Fat: 8.15g (12.54%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.59g (1.67%), Sugar: 0.32g (0.35%), Cholesterol: 25.23mg (8.41%), Sodium: 488.27mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.93%), Vitamin C: 25.13mg (30.46%), Vitamin B2: 0.3mg (17.8%), Calcium: 154.38mg (15.44%), Phosphorus: 120.56mg (12.06%), Vitamin B6: 0.21mg (10.47%), Vitamin A: 417.95IU (8.36%), Vitamin B12: 0.48µg (7.99%), Potassium: 276.75mg (7.91%), Vitamin K: 7.38µg (7.03%), Selenium: 4.85µg (6.93%), Zinc: 0.97mg (6.47%), Manganese: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.25%), Magnesium: 19.42mg (4.86%), Copper: 0.1mg (4.75%), Vitamin B3: 0.92mg (4.58%), Fiber: 1.14g (4.54%), Folate: 17.45µg (4.36%), Iron: 0.71mg (3.93%), Vitamin B5: 0.37mg (3.68%), Vitamin E: 0.2mg (1.33%)