



## Italian-Style Red Pepper Dip

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz knudsen cream fat free sour
- 4 oz philadelphia cream cheese fat free softened ()
- 1 Tbsp basil leaves fresh
- 1 clove garlic peeled
- 0.5 tsp oregano leaves dried
- 7 oz roasted peppers red drained
- 16 servings wheat snack crackers reduced-fat thin

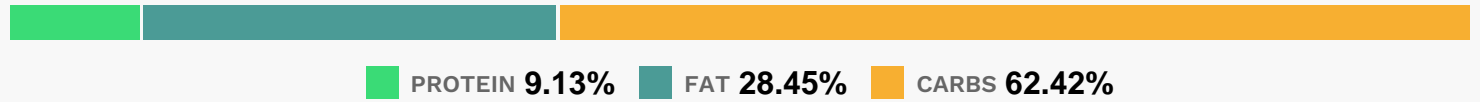
### Equipment

- food processor
- bowl
- blender

## Directions

- Place all ingredients except crackers in blender or food processor; blend until peppers are finely chopped and mixture is well blended. Spoon into serving bowl; cover.
- Refrigerate 1 hour or until chilled.
- Serve as a dip with the crackers.

## Nutrition Facts



## Properties

Glycemic Index:6.56, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:2.4226087166563%

## Nutrients (% of daily need)

Calories: 158.94kcal (7.95%), Fat: 5.07g (7.81%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 22.88g (8.32%), Sugar: 4.39g (4.87%), Cholesterol: 2.13mg (0.71%), Sodium: 466.52mg (20.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Fiber: 2.17g (8.67%), Vitamin C: 5.9mg (7.15%), Calcium: 68.21mg (6.82%), Phosphorus: 53.6mg (5.36%), Iron: 0.87mg (4.86%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 126.14IU (2.52%), Vitamin K: 2µg (1.91%), Vitamin B12: 0.11µg (1.83%), Potassium: 58.72mg (1.68%), Selenium: 1.17µg (1.67%), Folate: 6.43µg (1.61%), Vitamin B6: 0.03mg (1.6%), Manganese: 0.03mg (1.58%), Zinc: 0.21mg (1.38%), Magnesium: 4.79mg (1.2%), Copper: 0.02mg (1.17%)