



 **36%**  
HEALTH SCORE

## Mediterranean Herb Dip

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**446 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 servings pepper black
- 8 oz cream cheese softened
- 4 oz feta cheese
- 0.5 cup basil fresh
- 0.5 cup basil fresh
- 0.5 cup parsley fresh
- 8 garlic clove minced (hence the dental floss)
- 1 Dash hot sauce

- 10 oz roasted peppers red drained
- 4 servings salt
- 8 oz sun-dried olives dried drained
- 0.3 t worcestershire sauce

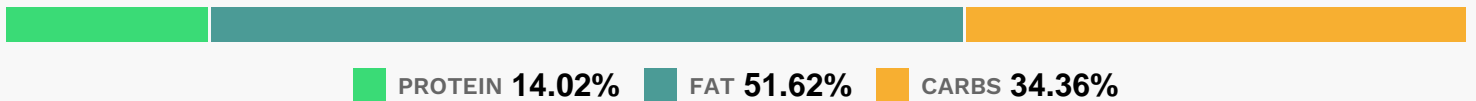
## Equipment

- food processor

## Directions

- Put the sun dried tomatoes, roasted red peppers and garlic in a food processor. Pulse until finely chopped.
- Add the feta cheese, cream cheese, Worcestershire sauce and Tabasco. Pulse until combined.
- Add parsley and basil. Pulse again until combined.\*\*Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:79.5, Glycemic Load:9.23, Inflammation Score:-9, Nutrition Score:35.14%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Taste

Sweetness: 52.62%, Saltiness: 82.74%, Sourness: 100%, Bitterness: 37.07%, Savoriness: 25.06%, Fattiness: 57.13%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 446.18kcal (22.31%), Fat: 27.63g (42.5%), Saturated Fat: 15.52g (96.98%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 33.07g (12.02%), Sugar: 23.63g (26.26%), Cholesterol: 82.5mg (27.5%), Sodium: 1736.96mg

(75.52%), Protein: 16.88g (33.76%), Vitamin K: 174.25µg (165.95%), Vitamin C: 68.18mg (82.64%), Manganese: 1.37mg (68.44%), Potassium: 2228.39mg (63.67%), Vitamin A: 2694.92IU (53.9%), Copper: 0.97mg (48.55%), Vitamin B2: 0.69mg (40.44%), Phosphorus: 389.51mg (38.95%), Iron: 6.76mg (37.53%), Magnesium: 137.6mg (34.4%), Fiber: 8.32g (33.28%), Calcium: 318.98mg (31.9%), Vitamin B3: 6.05mg (30.26%), Vitamin B6: 0.56mg (27.86%), Vitamin B1: 0.39mg (26.31%), Folate: 79.78µg (19.94%), Selenium: 13.34µg (19.06%), Vitamin B5: 1.89mg (18.87%), Zinc: 2.56mg (17.04%), Vitamin B12: 0.6µg (10.06%), Vitamin E: 0.65mg (4.36%)