



## Pepperoncini Spread

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 2 sun-dried olives (not oil-packed)
- ☐ 1 serving water boiling
- ☐ 0.5 cup cream fat-free sour
- ☐ 1 tablespoon milk low-fat
- ☐ 1 tablespoon parmesan grated reduced-fat
- ☐ 6 pepperoncini peppers stemmed drained
- ☐ 4 olives ripe chopped

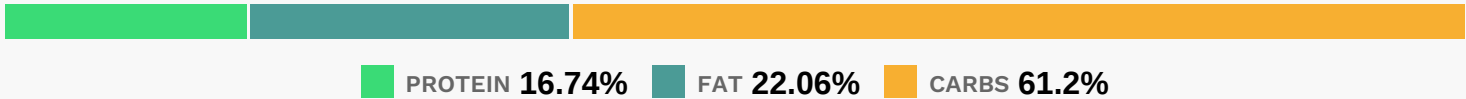
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

## Directions

- ☐ Cover tomato halves with boiling water; let stand 5 minutes.
- ☐ Drain and chop.
- ☐ Place sour cream, milk, cheese and pepperoncini in blender or food processor. Cover and blend 1 minute, stopping occasionally to scrape sides. Blend 1 minute longer or until smooth.
- ☐ Place in small bowl; stir in tomato and olives.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:5.9700000286102%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 77.26kcal (3.86%), Fat: 1.99g (3.06%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 10.89g (3.96%), Sugar: 1.98g (2.2%), Cholesterol: 7.75mg (2.58%), Sodium: 258.98mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin C: 25.59mg (31.02%), Calcium: 123.16mg (12.32%), Phosphorus: 97.61mg (9.76%), Vitamin B2: 0.14mg (7.97%), Potassium: 237.99mg (6.8%), Vitamin B6: 0.13mg (6.67%), Vitamin A: 327.37IU (6.55%), Fiber: 1.53g (6.12%), Selenium: 3.92µg (5.6%), Copper: 0.1mg (5.02%), Magnesium: 18.64mg (4.66%), Vitamin B12: 0.27µg (4.58%), Vitamin B1: 0.06mg (4.3%), Folate: 17.02µg (4.26%), Vitamin K: 3.87µg (3.69%), Zinc: 0.55mg (3.64%), Manganese: 0.07mg (3.46%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.62mg (3.12%), Iron: 0.38mg (2.12%), Vitamin B5: 0.16mg (1.58%)