



Peppers with Parmesan Ranch Dip

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



40 kcal

SIDE DISH

Ingredients

- 2 tsp parmesan cheese grated kraft
- 2 Tbsp lite ranch dressing kraft
- 1 medium bell pepper red

Equipment

Directions

- Cut 1-1/2-inch slice from bottom of pepper; set aside.

- Cut remaining pepper into strips.
- Mix dressing and Parmesan cheese. Spoon into reserved bottom of pepper.
- Serve with pepper strips.

Nutrition Facts

PROTEIN 8.69% **FAT 71.65%** **CARBS 19.66%**

Properties

Glycemic Index:6.4, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:3.9817391497933%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.29kcal (2.01%), Fat: 3.29g (5.07%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.28g (1.42%), Cholesterol: 3.28mg (1.09%), Sodium: 89.51mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 30.46mg (36.93%), Vitamin A: 764.51IU (15.29%), Vitamin K: 9.24µg (8.8%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.52mg (3.46%), Phosphorus: 29.85mg (2.98%), Folate: 11.31µg (2.83%), Calcium: 20.77mg (2.08%), Fiber: 0.5g (2%), Vitamin B2: 0.03mg (1.9%), Potassium: 57.69mg (1.65%), Manganese: 0.03mg (1.54%), Selenium: 0.92µg (1.32%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.24mg (1.19%), Zinc: 0.16mg (1.03%)