



Red Pepper and Walnut Dip



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup flat-leaf parsley leaves plus more for garnish chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons olive oil

- ☐ 16 servings pita bread triangles soft thinly sliced
- ☐ 0.5 teaspoon chile flakes red
- ☐ 15 oz roasted peppers red rinsed drained chopped
- ☐ 0.3 cup walnuts toasted chopped

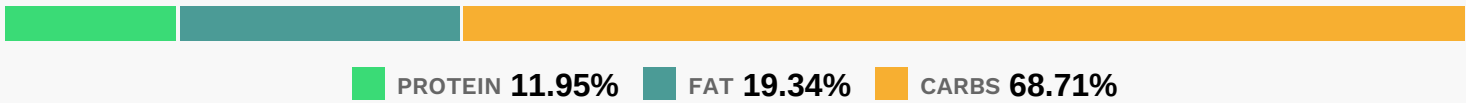
Equipment

- ☐ blender

Directions

- ☐ Put all ingredients except for jicama in a blender and pulse until as smooth as you like.
- ☐ Garnish with more chopped parsley.
- ☐ Serve with jicama.
- ☐ Make ahead: Chill, covered, up to 1 day.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:29.21, Inflammation Score:-3, Nutrition Score:6.2508695255155%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 192.03kcal (9.6%), Fat: 4.13g (6.35%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.18g (11.34%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 702.12mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Manganese: 0.41mg (20.4%), Vitamin C: 14.17mg (17.17%), Vitamin K: 16.67µg (15.87%), Vitamin B1: 0.17mg (11.08%), Copper: 0.17mg (8.56%), Fiber: 1.81g (7.22%), Vitamin B3:

1.4mg (6.99%), Phosphorus: 69.31mg (6.93%), Iron: 1.2mg (6.65%), Calcium: 64.08mg (6.41%), Magnesium: 22.31mg (5.58%), Folate: 21.75µg (5.44%), Vitamin A: 237.45IU (4.75%), Vitamin B6: 0.08mg (4.14%), Zinc: 0.61mg (4.08%), Vitamin B2: 0.07mg (4.01%), Potassium: 126.42mg (3.61%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.3mg (2.03%)