



Red Pepper-Cheese Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cream cheese fat-free block-style
- ☐ 1 cup yogurt plain fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic head whole
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 small onion peeled halved
- ☐ 1 large bell pepper red

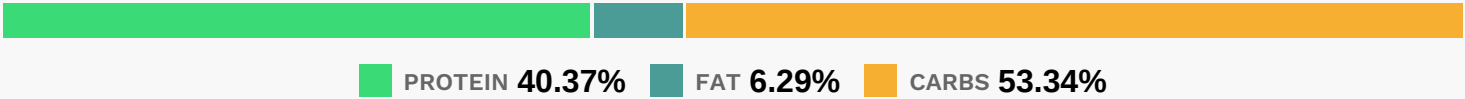
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes.
- ☐ Remove peel and discard. Set roasted pepper aside.
- ☐ Reduce oven temperature to 400
- ☐ Place onion halves, cut sides down, on a baking sheet coated with cooking spray.
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap in foil.
- ☐ Place garlic on baking sheet with onion.
- ☐ Bake at 400 for 15 minutes; turn over onion halves.
- ☐ Bake an additional 15 minutes or until onions are soft and begin to brown.
- ☐ Place onion halves on a plate. Return garlic to oven, and bake an additional 15 minutes. Cool 10 minutes. Separate the cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place roasted pepper, onion, and garlic pulp in a food processor; process until fairly smooth.
- ☐ Add yogurt, cheese, cumin seed, and ground red pepper; process until smooth. Spoon dip into a bowl, and stir in parsley. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:3.6056521405344%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 21.22kcal (1.06%), Fat: 0.15g (0.23%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.56g (0.93%), Sugar: 2.19g (2.44%), Cholesterol: 1.16mg (0.39%), Sodium: 62.74mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin C: 14.9mg (18.06%), Vitamin K: 15.96µg (15.2%), Vitamin A: 411.73IU (8.23%), Phosphorus: 66.07mg (6.61%), Calcium: 59.02mg (5.9%), Vitamin B2: 0.07mg (3.88%), Folate: 11.31µg (2.83%), Vitamin B12: 0.16µg (2.68%), Potassium: 93.58mg (2.67%), Vitamin B6: 0.05mg (2.52%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.2mg (2%), Magnesium: 6.79mg (1.7%), Selenium: 0.96µg (1.37%), Fiber: 0.33g (1.33%), Vitamin B1: 0.02mg (1.28%), Manganese: 0.03mg (1.25%), Vitamin E: 0.18mg (1.18%)