



Red Pepper-Filled Appetizer Hearts

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons oregano dried
- 0.3 cup water
- 0.3 cup alouette garlic & herbs spreadable cheese (from 6.5-oz container)
- 0.5 cup bell pepper red finely chopped
- 2 tablespoons butter melted
- 1.5 cups frangelico

Equipment

- bowl

- baking sheet
- baking paper
- oven
- knife
- cutting board

Directions

- In medium bowl, stir Bisquick mix, oregano and water until mixture comes together. On work surface sprinkled with additional Bisquick mix, knead dough 5 times.
- Roll dough into 13x10-inch rectangle, about 1/8 inch thick.
- In small bowl, mix cheese and bell pepper.
- Spread mixture evenly over dough. Carefully roll long edges of dough to meet in center.
- Place on cookie sheet lined with cooking parchment paper. Freeze 10 to 15 minutes or until firm.
- Meanwhile, heat oven to 400°F. Spray large cookie sheet with cooking spray.
- Transfer dough to cutting board. With sharp knife, cut dough into 1/2-inch slices.
- Place slices, cut sides down, on sprayed cookie sheet. Slightly pinch base of heart into point.
- Brush butter over hearts.
- Bake 7 to 9 minutes or until tops are lightly golden. Cool 10 minutes before serving.

Nutrition Facts

PROTEIN 3.38% **FAT 85.76%** **CARBS 10.86%**

Properties

Glycemic Index:3.63, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:0.5982608748195%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 17.8kcal (0.89%), Fat: 1.78g (2.74%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.14g (0.15%), Cholesterol: 5.07mg (1.69%), Sodium: 20.63mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 3.98mg (4.82%), Vitamin A: 129.18IU (2.58%), Vitamin K: 1.27µg (1.21%)