

Red Pepper Stacks

 Vegetarian

READY IN



40 min.

SERVINGS



48

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds lightly toasted
- 5.2 oz philadelphia cheese and herb cooking creme at room temperature
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon lemon zest finely grated
- 0.5 pepper black
- 10 slices pumpernickel bread
- 24 oz roasted peppers red dry rinsed drained

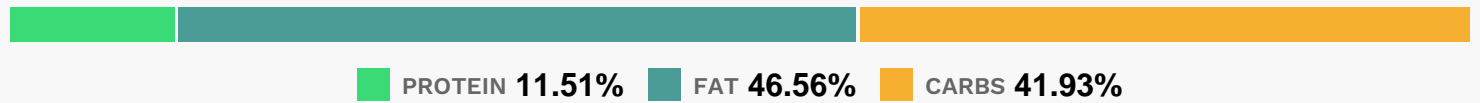
Equipment

- bowl
- baking sheet
- oven

Directions

- Put oven rack in middle position and preheat oven to 400°F.
- Cut 48 rounds from bread with 1 1/2-inch cutter. Toast rounds on a baking sheet until crisp, about 10 minutes.
- Cut 48 rounds from red peppers with 1 1/4-inch cutter.
- Reserve 48 almond slices for garnish, then chop remainder.
- Stir together cheese, parsley, zest, black pepper, and chopped almonds in a bowl.
- Put 1/4 teaspoon cheese mixture onto each toast, then top with a pepper round, pressing down lightly. Mound 1/4 teaspoon more cheese mixture onto each pepper round and garnish with an almond slice.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.0682608666627%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.55kcal (1.88%), Fat: 2g (3.08%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.19g (0.21%), Cholesterol: 3.18mg (1.06%), Sodium: 252.91mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 6.76mg (8.19%), Manganese: 0.13mg (6.65%), Fiber: 0.73g (2.93%), Selenium: 1.72µg (2.45%), Copper: 0.05mg (2.39%), Folate: 9.02µg (2.26%), Vitamin A: 112.57IU (2.25%), Vitamin B2: 0.04mg (2.1%), Magnesium: 7.81mg (1.95%), Phosphorus: 19.38mg (1.94%), Iron: 0.35mg

(1.93%), Vitamin E: 0.27mg (1.83%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.04mg (1.76%), Vitamin B3: 0.32mg (1.6%), Calcium: 15.26mg (1.53%), Vitamin K: 1.44µg (1.37%), Potassium: 42.25mg (1.21%), Zinc: 0.16mg (1.03%)