



Roasted Bell Pepper Dip

READY IN



20 min.

SERVINGS



12

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese softened
- 0.3 cup cream sour
- 0.5 cup roasted peppers red finely chopped (from a jar)
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon hot sauce red
- 1 clove garlic finely chopped
- 2 cilantro leaves fresh
- 1 serving round buttery crackers assorted

Equipment

bowl

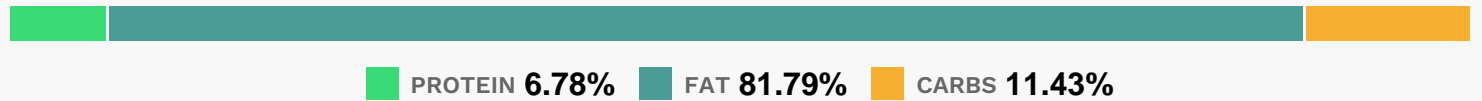
Directions

In medium bowl, mix all ingredients except cilantro sprigs and crackers. Spoon into serving bowl.

Garnish with cilantro sprigs.

Serve immediately with crackers, or cover and refrigerate until serving time. If refrigerated, let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:1.6869565183702%

Flavonoids

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 83.73kcal (4.19%), Fat: 7.76g (11.94%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.99g (1.1%), Cholesterol: 21.92mg (7.31%), Sodium: 154.89mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin A: 343.41IU (6.87%), Vitamin C: 3.01mg (3.65%), Vitamin B2: 0.06mg (3.4%), Phosphorus: 29.27mg (2.93%), Calcium: 28.37mg (2.84%), Selenium: 1.92µg (2.74%), Vitamin K: 2.48µg (2.37%), Vitamin E: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.38%), Vitamin B5: 0.14mg (1.35%), Potassium: 44.42mg (1.27%), Manganese: 0.03mg (1.26%), Folate: 4.16µg (1.04%)