



Roasted Bell Pepper Dip

READY IN



20 min.

SERVINGS



12

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

bowl

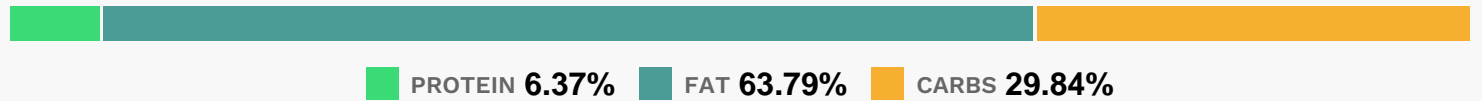
Directions

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:-3, Nutrition Score:3.5608695641808%

Flavonoids

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

Nutrients (% of daily need)

Calories: 155.89kcal (7.79%), Fat: 11.17g (17.18%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 11.3g (4.11%), Sugar: 2.18g (2.43%), Cholesterol: 21.92mg (7.31%), Sodium: 284.25mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 9.82µg (9.35%), Phosphorus: 69.31mg (6.93%), Vitamin A: 343.41IU (6.87%), Vitamin B2: 0.1mg (5.69%), Vitamin B1: 0.08mg (5.22%), Manganese: 0.1mg (5.22%), Calcium: 50.95mg (5.1%), Vitamin E: 0.75mg (5%), Iron: 0.8mg (4.44%), Vitamin B3: 0.84mg (4.21%), Selenium: 2.6µg (3.71%), Folate: 14.72µg (3.68%), Vitamin C: 3.01mg (3.65%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.04mg (1.82%), Fiber: 0.46g (1.82%), Potassium: 61.87mg (1.77%), Copper: 0.03mg (1.67%), Magnesium: 6.04mg (1.51%), Zinc: 0.22mg (1.49%)