



Roasted Garlic and Pepper Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large heads garlic
- ☐ 2 ounces goat cheese
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup nonfat cottage cheese
- ☐ 0.3 cup nonfat cream sour
- ☐ 2 large pasilla peppers sweet red

Equipment

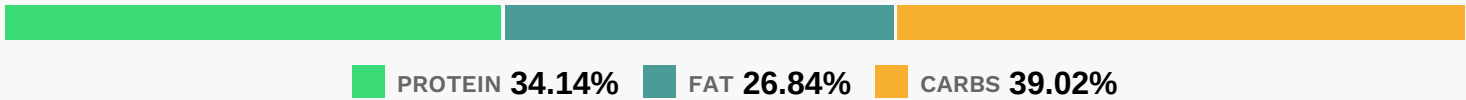
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Peel outer skin from each garlic head, and discard.
- ☐ Cut off top one-third of each garlic head.
- ☐ Place garlic, cut side up, in center of a piece of heavy-duty aluminum foil. Fold foil over garlic, sealing tightly.
- ☐ Bake at 350 for 1 hour or until garlic is soft.
- ☐ Remove from oven; cool 10 minutes.
- ☐ Remove and discard papery skin from garlic. Squeeze pulp from each clove, or scoop out with a spoon; setpulp aside.
- ☐ Cut peppers in half lengthwise; remove and discard seeds and membranes.
- ☐ Place peppers, skin side up, on a large baking sheet; flatten peppers with palm of hand. Broil 5 1/2 inches from heat (with electric oven door partially opened) 15 to 20 minutes or until charred.
- ☐ Place peppers in ice water until cool.
- ☐ Remove from water; peel and discard skins.
- ☐ Combine garlic pulp, peppers, cottage cheese, and remaining ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides. Spoon mixture into a small bowl; cover and chill at least 2 hours.
- ☐ Serve with fresh raw vegetables, breadsticks, or unsalted crackers.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:6.5356522455164%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 49.27kcal (2.46%), Fat: 1.51g (2.33%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.17g (1.52%), Sugar: 2.08g (2.31%), Cholesterol: 5.23mg (1.74%), Sodium: 132.97mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin C: 46.88mg (56.83%), Vitamin A: 1224.83IU (24.5%), Phosphorus: 79.75mg (7.97%), Vitamin B2: 0.12mg (7.16%), Vitamin B6: 0.13mg (6.51%), Folate: 20.5µg (5.13%), Selenium: 2.94µg (4.2%), Calcium: 41.37mg (4.14%), Vitamin E: 0.59mg (3.93%), Potassium: 122.39mg (3.5%), Copper: 0.06mg (3.08%), Fiber: 0.77g (3.08%), Manganese: 0.06mg (2.82%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.15µg (2.44%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.43mg (2.13%), Zinc: 0.3mg (2.01%), Vitamin K: 1.91µg (1.82%), Iron: 0.32mg (1.77%)