



Roasted Garlic Tyrokavteri

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



529 kcal

SIDE DISH

Ingredients

- 4 ounces cream cheese softened
- 8 ounces feta crumbled
- 0.1 teaspoon ground pepper white
- 0.5 cup juice of lemon freshly squeezed
- 0.3 cup olive oil extra-virgin
- 0.3 teaspoon oregano dried
- 1 teaspoon pepper sauce hot to taste
- 0.3 cup roasted garlic

6 ounce roasted peppers red drained coarsely chopped

Equipment

blender

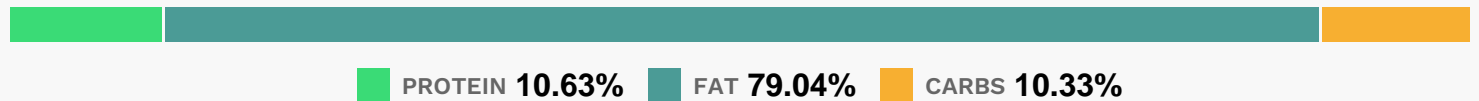
Directions

Place roasted red peppers, roasted garlic, hot pepper sauce, lemon juice, oregano, and white pepper into a blender; puree until smooth.

Add feta and cream cheese, and puree until smooth.

With blender running, slowly pour in olive oil until incorporated and thickened. Stir in half-and-half if needed to achieve a dip consistency. Cover and store in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:18.442608708921%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 528.63kcal (26.43%), Fat: 47.59g (73.22%), Saturated Fat: 20.23g (126.44%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.85g (4.67%), Sugar: 2.58g (2.87%), Cholesterol: 105.46mg (35.15%), Sodium: 1794.7mg (78.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Vitamin C: 46.66mg (56.55%), Calcium: 458.74mg (45.87%), Vitamin B2: 0.76mg (44.86%), Phosphorus: 327.69mg (32.77%), Vitamin B6: 0.61mg (30.29%), Selenium: 16.42µg (23.46%), Vitamin B12: 1.36µg (22.68%), Vitamin A: 1129.96IU (22.6%), Vitamin E: 3.16mg (21.04%), Zinc: 2.63mg (17.51%), Manganese: 0.32mg (16.15%), Vitamin K: 14.25µg (13.57%), Vitamin B1: 0.17mg (11.5%), Folate: 45.62µg (11.41%), Vitamin B5: 1.09mg (10.92%), Potassium: 271.14mg (7.75%), Iron: 1.39mg (7.73%), Magnesium: 29.87mg (7.47%), Copper: 0.15mg (7.36%), Vitamin B3: 1.22mg (6.12%), Fiber: 1.14g

(4.55%), Vitamin D: 0.3 μ g (2.02%)