



## Roasted Red Bell Pepper-Basil Sour Cream

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

### Ingredients

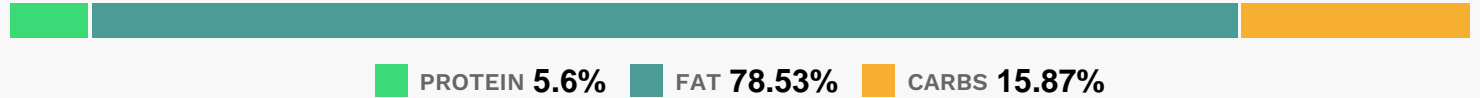
- 2 tablespoons basil fresh chopped
- 4 servings breadsticks thin
- 4 servings okra
- 0.5 cup roasted peppers red jarred finely chopped
- 4 servings salt and pepper
- 8 oz cream sour

### Equipment

## Directions

- Stir together 1 (8-oz.) container sour cream; 1/2 cup finely chopped jarred roasted red peppers; 2 Tbsp. chopped fresh basil; and salt and pepper to taste.
- Serve with thin breadsticks or Fried Pecan Okra.
- Note: Can be made up to two days in advance.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:4.2669565263002%

## Flavonoids

Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

## Nutrients (% of daily need)

Calories: 123.11kcal (6.16%), Fat: 11.13g (17.12%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.15g (2.38%), Cholesterol: 33.45mg (11.15%), Sodium: 460.13mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin C: 11.59mg (14.05%), Vitamin A: 582.91IU (11.66%), Vitamin K: 8.76µg (8.34%), Calcium: 76.17mg (7.62%), Manganese: 0.14mg (7.04%), Vitamin B2: 0.11mg (6.38%), Phosphorus: 54.47mg (5.45%), Vitamin B6: 0.08mg (4.09%), Potassium: 135.29mg (3.87%), Magnesium: 15.08mg (3.77%), Folate: 14.08µg (3.52%), Selenium: 2.24µg (3.2%), Fiber: 0.67g (2.7%), Vitamin B1: 0.04mg (2.67%), Copper: 0.05mg (2.5%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.12µg (1.98%), Iron: 0.35mg (1.93%), Vitamin E: 0.26mg (1.71%), Vitamin B3: 0.28mg (1.39%)