



## Roasted Red Bell Pepper Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



23 kcal

SIDE DISH

### Ingredients

- 2 large garlic cloves chopped
- 1 cup nonfat yogurt
- 7 ounce roasted bell peppers red drained
- 1 teaspoon salt

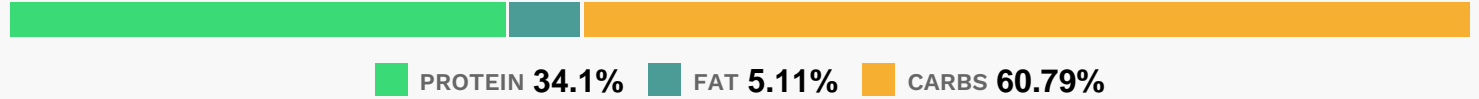
### Equipment

- blender

## Directions

- Pulse ingredients in a blender 5 to 6 times or until smooth.
- Combine gourmet salad greens, diced cucumbers, and sliced red onion; serve with Roasted Red Bell Pepper Dressing.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.8121739084954%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 22.73kcal (1.14%), Fat: 0.13g (0.21%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.36g (2.62%), Cholesterol: 0.61mg (0.2%), Sodium: 653.99mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 12.04mg (14.6%), Calcium: 72.65mg (7.27%), Phosphorus: 54.19mg (5.42%), Vitamin B2: 0.08mg (4.7%), Vitamin B6: 0.07mg (3.48%), Potassium: 117.38mg (3.35%), Vitamin B12: 0.19µg (3.11%), Manganese: 0.05mg (2.73%), Vitamin A: 131.2IU (2.62%), Zinc: 0.35mg (2.34%), Magnesium: 8.74mg (2.19%), Vitamin B5: 0.21mg (2.1%), Copper: 0.04mg (1.97%), Folate: 7.67µg (1.92%), Selenium: 1.28µg (1.83%), Vitamin B1: 0.02mg (1.49%), Iron: 0.24mg (1.34%), Fiber: 0.31g (1.25%)