



Roasted Red Bell Pepper Spread

READY IN



45 min.

SERVINGS



12

CALORIES



112 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons teaspoons basil dried fresh minced
- ☐ 12 servings garnish: fennel sprigs fresh
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup purple onion chopped
- ☐ 4 large bell peppers red
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnut pieces finely chopped
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell peppers on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat (with electric oven door partially open) 5 to 10 minutes on each side or until bell peppers look blistered.
- ☐ Place bell peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel bell peppers; remove and discard seeds.
- ☐ Saut sliced mushrooms, chopped purple onion, and garlic in 1 1/2 teaspoons hot oil in a large skillet 10 minutes or until liquid has evaporated.
- ☐ Remove mixture from heat, and set aside.
- ☐ Process bell peppers in a food processor until smooth, stopping to scrape down sides.
- ☐ Add mushroom mixture, remaining 1 1/2 tablespoons oil, Parmesan cheese, and next 8 ingredients; pulse until ground.
- ☐ Serve with breadsticks, crackers, or assorted fresh vegetables.
- ☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 16.19%**  **FAT 51.74%**  **CARBS 32.07%**

Properties

Glycemic Index:24, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:11.688260918078%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 112.32kcal (5.62%), Fat: 6.77g (10.42%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.58g (2.76%), Sugar: 3.29g (3.65%), Cholesterol: 7.3mg (2.43%), Sodium: 273.78mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 71.57mg (86.75%), Vitamin A: 1813.68IU (36.27%), Manganese: 0.23mg (11.68%), Vitamin B6: 0.22mg (10.95%), Vitamin B2: 0.18mg (10.5%), Phosphorus: 103.44mg (10.34%), Folate: 38.56µg (9.64%), Calcium: 93.13mg (9.31%), Selenium: 6.18µg (8.84%), Vitamin E: 1.29mg (8.57%), Vitamin K: 8.7µg (8.28%), Vitamin B3: 1.58mg (7.91%), Fiber: 1.86g (7.45%), Vitamin B1: 0.11mg (7.12%), Potassium: 230.64mg (6.59%), Copper: 0.13mg (6.51%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.76mg (5.07%), Magnesium: 18.36mg (4.59%), Iron: 0.76mg (4.24%), Vitamin B12: 0.14µg (2.29%)