



Roasted Red Pepper and Artichoke Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz marinated artichoke drained
- 0.5 cup roasted peppers red drained (from 7-oz jar)
- 3 oz cream cheese softened
- 0.5 cup cream sour
- 0.3 cup parsley fresh chopped
- 1 serving savory vegetable assorted

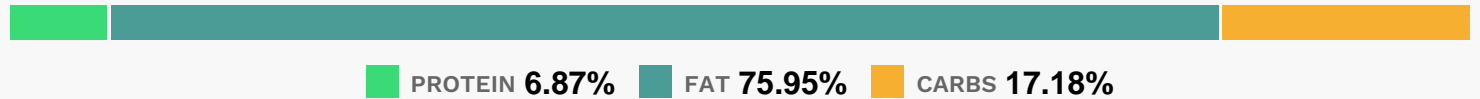
Equipment

- food processor

Directions

- In food processor, place artichoke hearts and bell peppers. Cover and process until coarsely chopped.
- Add cream cheese, sour cream and parsley. Cover and process just until blended.
- Garnish dip with additional chopped fresh parsley if desired.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:2.3560869797416%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 49.29kcal (2.46%), Fat: 4.23g (6.51%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.56g (0.62%), Cholesterol: 9.61mg (3.2%), Sodium: 122.41mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 15.59µg (14.85%), Vitamin A: 613.01IU (12.26%), Vitamin C: 6.17mg (7.48%), Fiber: 0.52g (2.09%), Calcium: 19.05mg (1.91%), Vitamin B2: 0.03mg (1.85%), Phosphorus: 15.92mg (1.59%), Iron: 0.23mg (1.3%), Manganese: 0.02mg (1.19%), Folate: 4.68µg (1.17%), Potassium: 39.64mg (1.13%), Selenium: 0.76µg (1.09%)