



Roasted Red Pepper and Garlic Spread with Veggies

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

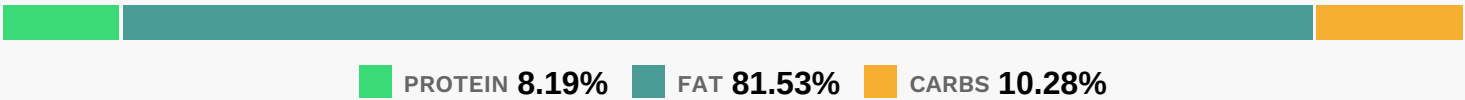
- ☐ 3 ounces cream cheese softened
- ☐ 6 ounces alouette garlic & herbs spreadable cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup roasted peppers red drained finely chopped (from 7-ounce jar)
- ☐ 8 ounces cream cheese softened
- ☐ 1 serving parsley fresh finely chopped
- ☐ 1 serving savory vegetable raw assorted

Equipment

Directions

- ☐
- Mix 3 ounces cream cheese, the spreadable cheese, Parmesan cheese and bell peppers until blended. Shape mixture into cone shape; place upright on serving plate.
- ☐
- Frost cone with 8 ounces cream cheese; sprinkle with parsley.
- ☐
- Serve spread with vegetables and crackers.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:2.0839130544792%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 118.09kcal (5.9%), Fat: 11.02g (16.96%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.74g (0.82%), Cholesterol: 33.05mg (11.02%), Sodium: 188.2mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin A: 601.02IU (12.02%), Vitamin K: 4.54µg (4.33%), Calcium: 39.99mg (4%), Phosphorus: 38mg (3.8%), Selenium: 2.43µg (3.48%), Vitamin B2: 0.06mg (3.4%), Vitamin C: 1.94mg (2.35%), Zinc: 0.22mg (1.47%), Potassium: 46.2mg (1.32%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.18mg (1.2%), Vitamin B12: 0.07µg (1.18%), Vitamin B6: 0.02mg (1.11%), Manganese: 0.02mg (1.08%), Folate: 4.26µg (1.06%), Fiber: 0.26g (1.05%), Magnesium: 4.21mg (1.05%)