



Roasted Red Pepper and Onion Dip

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 3 tablespoons yogurt plain fat-free
- ☐ 2 garlic cloves
- ☐ 0.1 teaspoon hot sauce
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion red sliced ()
- ☐ 1 tablespoon red wine vinegar
- ☐ 12 ounce roasted bell peppers red drained coarsely chopped chopped (or 3 large roasted bell peppers,)

☐ 0.3 teaspoon salt

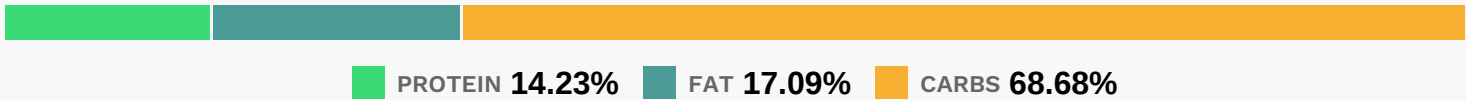
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place onion and garlic on an aluminum foil-lined baking sheet; broil 5 1/2 inches from heat 10 minutes.
- ☐ Let stand 5 minutes.
- ☐ Position knife blade in food processor bowl; add onion, garlic, and chopped red bell pepper. Process mixture until finely chopped.
- ☐ Add breadcrumbs and remaining ingredients to processor bowl; process until smooth.
- ☐ Serve with pita wedges, reduced-fat crackers, or raw fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.0200000003628%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 10.77kcal (0.54%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.52g (0.57%), Cholesterol: 0.04mg (0.01%), Sodium: 172.11mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 5.59mg (6.77%), Manganese: 0.04mg (1.9%), Vitamin B6: 0.03mg (1.61%), Fiber: 0.3g (1.19%), Calcium: 11.74mg (1.17%), Vitamin A: 55.6IU (1.11%), Folate: 4.26µg (1.07%), Vitamin B1: 0.02mg (1.04%)