



## Roasted Red Pepper and Pesto Dip

 Vegetarian

READY IN



130 min.

SERVINGS



36

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup classico basil pesto sauce and spread traditional
- 8 oz philadelphia cream cheese spread divided
- 16 oz knudsen cream sour divided
- 12 oz roasted peppers red drained chopped
- 36 servings wheat snack crackers thin

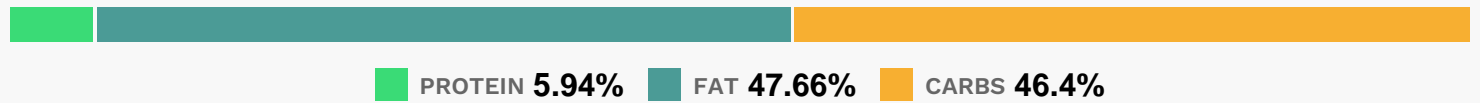
### Equipment

- bowl
- knife

## Directions

- Mix pesto and half the cream cheese spread in medium bowl. Stir in half the sour cream.
- Spoon remaining cream cheese spread into separate medium bowl.
- Add peppers; mix well. Stir in remaining sour cream. Refrigerate both dips 2 hours.
- Spoon dips alternately into serving bowl; swirl with knife.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.7452174062314%

## Nutrients (% of daily need)

Calories: 200.53kcal (10.03%), Fat: 10.71g (16.48%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 21.28g (7.74%), Sugar: 4.73g (5.25%), Cholesterol: 11.75mg (3.92%), Sodium: 437.73mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Fiber: 2.18g (8.72%), Vitamin A: 291.64IU (5.83%), Vitamin C: 4.51mg (5.46%), Calcium: 51.08mg (5.11%), Iron: 0.84mg (4.67%), Vitamin B2: 0.02mg (1.41%), Phosphorus: 11.47mg (1.15%), Vitamin B6: 0.02mg (1.1%)