



Roasted Red Pepper and Walnut Spread



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



575 kcal

SIDE DISH

Ingredients

- ☐ 1 cup breadcrumbs fresh (from a baguette)
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon red-wine vinegar
- ☐ 14 ounces roasted peppers red rinsed drained
- ☐ 4 ounces walnuts toasted

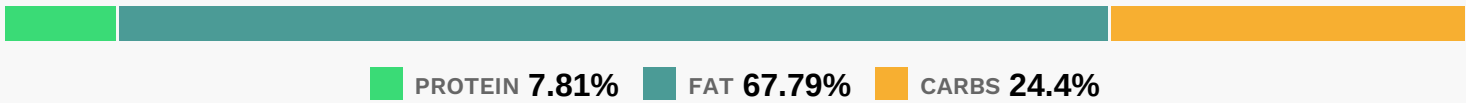
Equipment

☐ food processor

Directions

- ☐ Purée roasted red peppers, bread crumbs, walnuts, vinegar, cumin, cayenne, and 1/4 teaspoon salt in a food processor until almost smooth.
- ☐ With motor running, add oil in a slow stream, blending until incorporated.
- ☐ Spread is also delicious with crudité's, crackers, or toasts.
- ☐ Spread can be made 3 days ahead and chilled. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:23.035652202109%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 574.81kcal (28.74%), Fat: 45.04g (69.29%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 30.66g (11.15%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 2076.78mg (90.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Manganese: 1.85mg (92.4%), Vitamin C: 62.12mg (75.3%), Copper: 0.87mg (43.42%), Vitamin B1: 0.51mg (34.16%), Vitamin B6: 0.49mg (24.28%), Folate: 96.85µg (24.21%), Iron: 4.25mg (23.6%), Fiber: 5.8g (23.19%), Magnesium: 91.3mg (22.83%), Phosphorus: 218.95mg (21.9%), Vitamin E: 2.92mg (19.48%), Vitamin B3: 3.56mg (17.81%), Selenium: 11.35µg (16.21%), Calcium: 160.87mg (16.09%), Vitamin A: 734.42IU (14.69%), Vitamin B2: 0.24mg (14.31%), Vitamin K: 14.32µg (13.64%), Zinc: 1.95mg (12.98%), Potassium: 440.18mg (12.58%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.13µg (2.1%)