



## Roasted Red Pepper Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup natural almonds whole
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- 1 cup roasted peppers red jarred drained
- 4 servings salt and pepper
- 1 tablespoon shallots

### Equipment

- bowl

baking sheet

oven

## Directions

Preheat the oven to 350 degrees F.



Put the nuts on a baking sheet and toast until fragrant, about 10 minutes.

Let cool.

Put the nuts into a processor and finely chop.

Add pepper, vinegar and shallots to the bowl and process until smooth. While the processor is running, drizzle the oil into the bowl. Season with salt and pepper and serve.

## Nutrition Facts

 **PROTEIN 9.99%**  **FAT 74.83%**  **CARBS 15.18%**

## Properties

Glycemic Index:10, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:5.9873913422875%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 108.28kcal (5.41%), Fat: 9.55g (14.7%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.72g (0.79%), Cholesterol: 0mg (0%), Sodium: 673.53mg (29.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin E: 3.56mg (23.7%), Vitamin C: 16.48mg (19.98%), Manganese: 0.34mg (16.83%), Magnesium: 36.6mg (9.15%), Vitamin B2: 0.15mg (8.64%), Copper: 0.17mg (8.54%), Fiber: 1.99g (7.96%), Phosphorus: 65.92mg (6.59%), Calcium: 47.56mg (4.76%), Vitamin B6: 0.09mg (4.36%), Iron: 0.78mg (4.33%), Potassium: 147.36mg (4.21%), Vitamin A: 182.22IU (3.64%), Vitamin B3: 0.63mg (3.14%), Zinc: 0.45mg (2.97%), Folate: 11.69µg (2.92%), Vitamin B1: 0.03mg (2.31%), Vitamin K: 2.13µg (2.03%)