

STARTER & SNACK

Roasted Red Pepper Dip

30 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.66	367 kcal

You can never have too many hor d'oeuvre recipes, so give Roasted Red Pepper Dip a try. For \$1.66 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals. This recipe makes 6 servings with 367 calories, 8g of protein, and 28g of fat each.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ 2 teaspoons chopped fresh flat-leaf parsley
- ☐ 4 oz goat cheese log, softened
- ☐ ½ teaspoon kosher salt
- ☐ ½ cup mayonnaise
- ☐ ¼ cup chopped toasted pecans
- ☐ 12 oz roasted red bell peppers, drained and patted dry
- ☐ 2 teaspoons chopped fresh chives
- ☐ 1 garlic clove
- ☐ 1 tablespoon finely chopped, seeded jalapeño pepper
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 tablespoon olive oil
- ☐ 6 servings Pita chips or crudité

EQUIPMENT Food processor, Bowl

Method

- 1

Process roasted red bell peppers, goat cheese, mayonnaise, lemon juice, garlic clove, kosher salt, and freshly ground black pepper in a food processor 15 seconds or until smooth.
- 2

Add pecans, jalapeo pepper, chives, and parsley; pulse until combined.

- 3 Transfer to a bowl; chill 4 hours.
- 4 Drizzle with olive oil.
- 5 Serve with pita chips or crudit.

Nutrition per serving

367	8 g	28 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.9 g · 37% of daily needs
Fibre			2.3 g · 9% of daily needs
Sugar			2 g · 2% of daily needs
Sodium			1,398 mg · 61% of daily needs
Cholesterol			16.5 mg · 6% of daily needs
Vitamin C			30.7 mg · 37% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-red-pepper-dip-146695