



## Roasted Red Pepper Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon almonds sliced
- 1 tablespoon basil fresh chopped
- 1 small clove garlic
- 1 jar roasted peppers red drained coarsely chopped well (7)

### Equipment

- food processor
- bowl

## Directions

- In food processor, place roasted peppers, basil and garlic. Cover; process until finely chopped.
- Add cream cheese; cover and process until smooth. Spoon dip into serving bowl. Cover; refrigerate 1 hour to blend flavors.
- Just before serving, sprinkle almonds over dip.

## Nutrition Facts

**PROTEIN 14.49%** **FAT 38.65%** **CARBS 46.86%**

## Properties

Glycemic Index:13.75, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.8243477953517%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 15.5kcal (0.78%), Fat: 0.75g (1.16%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 581.91mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 19.92mg (24.15%), Manganese: 0.11mg (5.29%), Vitamin A: 234.23IU (4.68%), Vitamin B6: 0.08mg (4.12%), Copper: 0.07mg (3.51%), Fiber: 0.68g (2.71%), Iron: 0.4mg (2.23%), Calcium: 21.91mg (2.19%), Vitamin E: 0.32mg (2.15%), Potassium: 73.45mg (2.1%), Magnesium: 8.3mg (2.08%), Folate: 7.53µg (1.88%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 15.23mg (1.52%), Vitamin B3: 0.28mg (1.42%)