



Roasted Red Pepper Dip

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 garlic clove
- ☐ 4 oz goat cheese softened
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pecans toasted chopped
- ☐ 6 servings pita chips
- ☐ 12 oz roasted peppers red dry drained

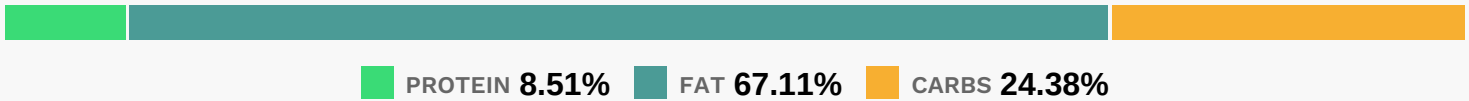
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ 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.
- ☐ Add pecans, jalapeo pepper, chives, and parsley; pulse until combined.
- ☐ Transfer to a bowl; chill 4 hours.
- ☐ Drizzle with olive oil.
- ☐ Serve with pita chips or crudit.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:12.187391208566%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 366.68kcal (18.33%), Fat: 27.7g (42.62%), Saturated Fat: 5.92g (37.02%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.36g (7.4%), Sugar: 1.95g (2.17%), Cholesterol: 16.53mg (5.51%), Sodium: 1397.5mg (60.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Vitamin C: 30.74mg (37.26%), Vitamin K: 34.65µg (33%), Manganese: 0.51mg (25.72%), Vitamin E: 3.08mg (20.51%), Copper: 0.31mg (15.53%), Selenium: 10.65µg (15.21%), Vitamin B1: 0.22mg (14.42%), Folate: 52.6µg (13.15%), Iron: 2.3mg (12.76%), Vitamin B3: 2.45mg (12.27%), Phosphorus: 111.88mg (11.19%), Vitamin B2: 0.19mg (11.01%), Vitamin A: 549.89IU (11%), Vitamin B6: 0.21mg (10.38%), Fiber: 2.28g (9.12%), Magnesium: 25.9mg (6.47%), Calcium: 61.44mg (6.14%), Zinc: 0.77mg (5.17%), Potassium: 158.69mg (4.53%), Vitamin B5: 0.38mg (3.75%)