



Roasted Red Pepper Dip

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds toasted
- ☐ 1 garlic clove
- ☐ 1 ounce whole-grain bread
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 1 cup roasted bell peppers red
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.3 teaspoon paprika smoked
- ☐ 1 tablespoon water

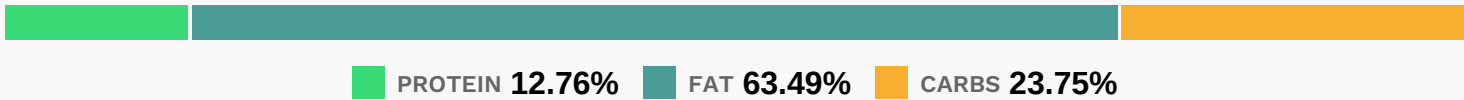
Equipment

☐ food processor

Directions

☐ Place bell peppers, almonds, bread, garlic clove, olive oil, vinegar, grated Parmesan, water, and paprika in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:37.92, Glycemic Load:1.97, Inflammation Score:-4, Nutrition Score:5.4295652670705%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.17kcal (4.81%), Fat: 7.02g (10.8%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.57g (0.63%), Cholesterol: 1.7mg (0.57%), Sodium: 551.91mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin C: 16.53mg (20.03%), Manganese: 0.34mg (16.92%), Vitamin E: 1.86mg (12.43%), Calcium: 70.97mg (7.1%), Phosphorus: 65.27mg (6.53%), Magnesium: 24.5mg (6.13%), Fiber: 1.53g (6.12%), Copper: 0.12mg (5.9%), Vitamin B2: 0.09mg (5.29%), Vitamin A: 263.42IU (5.27%), Vitamin B6: 0.1mg (4.94%), Iron: 0.74mg (4.13%), Selenium: 2.82µg (4.02%), Vitamin B3: 0.71mg (3.56%), Vitamin B1: 0.05mg (3.31%), Potassium: 115.12mg (3.29%), Zinc: 0.43mg (2.85%), Folate: 11.04µg (2.76%), Vitamin K: 2.82µg (2.68%), Vitamin B5: 0.1mg (1.04%)