



Roasted Red Pepper-Feta Dip

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups feta cheese crumbled
- 2 tablespoons olive oil
- 2 medium bell pepper white red stemmed halved lengthwise

Equipment

- bowl
- frying pan
- baking sheet
- blender

plastic wrap

broiler

Directions

Heat the broiler to high and arrange a rack in the middle.

Place peppers on a baking sheet cut side down, drizzle with 1 tablespoon of the olive oil, and season well with salt and freshly ground black pepper. Broil until blackened and charred, about 15 minutes, rotating the pan as necessary.

Transfer peppers to a bowl, cover tightly with plastic wrap, and let sit until cool enough to handle, at least 20 minutes.

Remove peppers from the bowl, reserving any liquid. Peel peppers and place in a blender.

Add feta, reserved pepper liquid, and remaining 1 tablespoon olive oil, and season with salt and freshly ground black pepper. Blend on high until smooth, about 1 minute.

Serve with toasted pita wedges or assorted crackers.

Nutrition Facts

 **PROTEIN 14.86%**  **FAT 75.14%**  **CARBS 10%**

Properties

Glycemic Index:9.83, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:10.222174030283%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 150.94kcal (7.55%), Fat: 12.85g (19.77%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.01g (1.1%), Sugar: 1.67g (1.85%), Cholesterol: 33.38mg (11.13%), Sodium: 429.18mg (18.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 50.77mg (61.54%), Vitamin A: 1400.21IU (28%), Vitamin B2: 0.35mg (20.6%), Calcium: 187.7mg (18.77%), Vitamin B6: 0.27mg (13.72%), Phosphorus: 136.69mg (13.67%), Vitamin B12: 0.63µg (10.56%), Vitamin E: 1.37mg (9.11%), Selenium: 5.66µg (8.09%), Zinc: 1.18mg (7.86%), Folate: 30.25µg (7.56%), Vitamin B1: 0.08mg (5.28%), Vitamin K: 5.43µg (5.17%), Vitamin B5: 0.49mg (4.88%), Vitamin B3: 0.76mg (3.8%), Fiber: 0.83g (3.33%), Potassium: 106.99mg (3.06%), Magnesium: 11.89mg (2.97%), Manganese: 0.05mg (2.75%), Iron: 0.44mg (2.45%)