



Roasted Red Pepper Spread

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



16

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

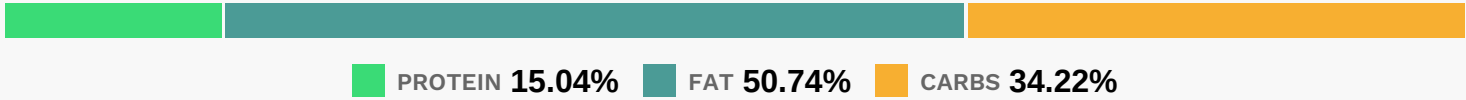
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.3 cup cream cheese light softened
- ☐ 7 ounce roasted bell peppers red drained finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons balsamic vinegar white

Equipment

Directions

- ☐ Combine all ingredients, stirring well.
- ☐ Serve with breadsticks, Melba toast, or celery sticks.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.0299999998963%

Flavonoids

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: 13.84kcal (0.69%), Fat: 0.81g (1.24%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.39g (0.43%), Cholesterol: 2.7mg (0.9%), Sodium: 224.34mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 5.96mg (7.23%), Vitamin A: 92.32IU (1.85%), Manganese: 0.04mg (1.79%), Vitamin B6: 0.03mg (1.61%), Calcium: 13.95mg (1.39%), Phosphorus: 11.2mg (1.12%), Copper: 0.02mg (1.01%)