



Roasted Red Pepper with Feta Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups feta cheese crumbled
- ☐ 2 garlic clove peeled
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 bell pepper red

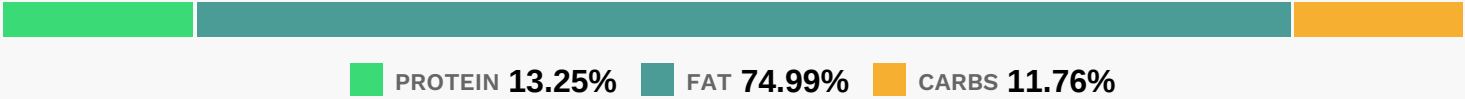
Equipment

- ☐ broiler

Directions

☐ Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and quarter peppers. Puree peppers, oil, garlic, and cheese in processor. Season with salt and pepper. Chill at least 3 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:28.257391266201%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 468.35kcal (23.42%), Fat: 39.99g (61.52%), Saturated Fat: 15.88g (99.25%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 10.74g (3.9%), Sugar: 6.68g (7.43%), Cholesterol: 89mg (29.67%), Sodium: 1147.05mg (49.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Vitamin C: 203.72mg (246.93%), Vitamin A: 5390.03IU (107.8%), Vitamin B2: 0.98mg (57.71%), Calcium: 507.91mg (50.79%), Vitamin B6: 0.91mg (45.53%), Phosphorus: 381.31mg (38.13%), Vitamin E: 5.28mg (35.2%), Vitamin B12: 1.69µg (28.17%), Folate: 105.05µg (26.26%), Selenium: 15.44µg (22.06%), Zinc: 3.3mg (22%), Vitamin K: 20.44µg (19.47%), Vitamin B1: 0.24mg (16.25%), Vitamin B5: 1.48mg (14.82%), Fiber: 3.37g (13.5%), Vitamin B3: 2.56mg (12.79%), Manganese: 0.24mg (11.96%), Potassium: 404.99mg (11.57%), Magnesium: 38.54mg (9.64%), Iron: 1.47mg (8.15%), Copper: 0.06mg (3.25%), Vitamin D: 0.4µg (2.67%)