



Roasted Vegetable Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups zucchini sliced
- 1.5 cups to 3 sized squashes yellow sliced
- 1 medium bell pepper red sliced
- 1 medium onion red thinly sliced
- 2 cloves garlic peeled
- 1 serving pam original flavor shopping list
- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper red (cayenne)

- 1 slices baked tortilla chips green toasted (baby-cut carrots, cucumber bell pepper strips, pita bread wedges, baked tortilla chips)

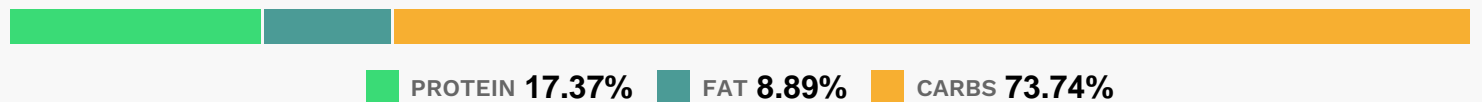
Equipment

- food processor
- frying pan
- oven
- blender

Directions

- Heat oven to 400°.
- Spread zucchini, yellow squash, bell pepper, onion and
- garlic in jelly roll pan, 15 1/2x10 1/2x1 inch. Spray vegetables with cooking spray.
- Sprinkle with salt and red pepper.
- Bake about 30 minutes, turning vegetables once, until vegetables are tender
- and lightly browned.
- Place vegetables in blender or food processor. Cover and blend on high speed
- about 1 minute, stopping blender occasionally to scrape sides, until smooth.
- Serve warm, or refrigerate at least 2 hours until chilled.
- Serve with dippers.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:5.3556520887043%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 22.81kcal (1.14%), Fat: 0.26g (0.4%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.56g (1.29%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 171.51mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin C: 33.7mg (40.85%), Vitamin A: 681.82IU (13.64%), Vitamin B6: 0.19mg (9.57%), Manganese: 0.16mg (8.03%), Folate: 26.45µg (6.61%), Potassium: 220.02mg (6.29%), Vitamin B2: 0.09mg (5.2%), Fiber: 1.29g (5.16%), Magnesium: 14.57mg (3.64%), Phosphorus: 33.62mg (3.36%), Vitamin B1: 0.05mg (3.08%), Vitamin K: 3.22µg (3.06%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.48mg (2.38%), Copper: 0.04mg (2.16%), Iron: 0.35mg (1.92%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.27mg (1.78%), Calcium: 16.09mg (1.61%)