



Sarah's Roasted Red Pepper Dip

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

55 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 clove garlic
- ☐ 2 tablespoons mayonnaise
- ☐ 2 large bell peppers red
- ☐ 6 servings salt to taste
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 2 tablespoons tomato paste
- ☐ 2 teaspoons vinegar

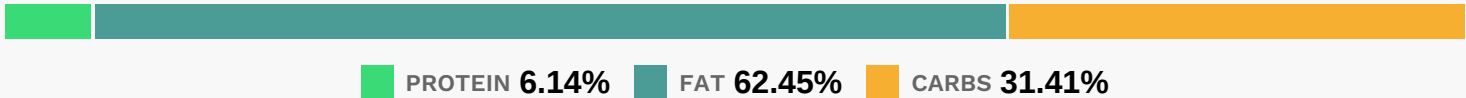
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Preheat oven to broil.
- ☐ Place the bell peppers on a baking sheet and broil on the top rack of the oven, using tongs to turn them as each side blackens.
- ☐ Place the blackened peppers in a plastic bag, tied loosely with some air inside, for 15 minutes.
- ☐ Remove the stems and peel the peppers. Discard the cores and seeds.
- ☐ Cut peppers into wide strips.
- ☐ Add the peppers, tomato paste, mayonnaise, sour cream, vinegar, garlic, and cayenne pepper in the bowl of a food processor. Pulse until almost smooth, 7 or 8 times. Salt to taste, if needed.
- ☐ Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:8.4986957841269%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 55.46kcal (2.77%), Fat: 4.08g (6.27%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.23g (1.17%), Sugar: 3.05g (3.39%), Cholesterol: 3.14mg (1.05%), Sodium: 268.49mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 71.35mg (86.48%), Vitamin A: 1825.82IU (36.52%), Vitamin K: 10.97µg (10.44%), Vitamin B6: 0.18mg (8.95%), Vitamin E: 1.27mg (8.44%), Folate: 26.2µg (6.55%), Fiber: 1.39g (5.55%), Potassium: 175.78mg (5.02%), Manganese: 0.09mg (4.42%), Vitamin B3: 0.71mg (3.54%), Vitamin B2: 0.06mg (3.52%), Iron: 0.42mg (2.33%), Magnesium: 9.26mg (2.31%), Vitamin B1: 0.03mg (2.31%), Phosphorus: 22.09mg (2.21%), Vitamin B5: 0.2mg (1.99%), Copper: 0.03mg (1.6%), Zinc: 0.19mg (1.28%)