



Tangy roast pepper & walnut dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



8

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp ground cumin and ground pimenton smoked (paprika)
- ☐ 6 tbsp olive oil extra-virgin
- ☐ 100 g walnut halves
- ☐ 225 g roasted pepper from a jar red drained
- ☐ 1 tbsp tomato purée
- ☐ 1 garlic clove crushed
- ☐ 2 tbsp pomegranate molasses (or substitute lemon juice or red wine vinegar)

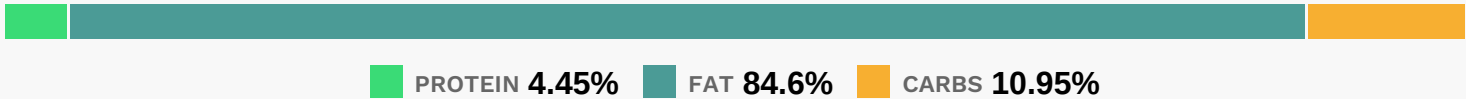
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a pan, heat the ground cumin and pimenton in the olive oil until fragrant.
- ☐ Combine the rest of the ingredients in a food processor, then season with salt and pepper. With the motor running, slowly pour in the spiced olive oil until incorporated.
- ☐ Add a tbsp of water if its too thick. Scoop into a bowl and serve with freshly ground black pepper and pimenton on top.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:5.3604347213455%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 191.89kcal (9.59%), Fat: 18.8g (28.92%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 386.54mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.49mg (24.49%), Vitamin C: 13.59mg (16.47%), Copper: 0.24mg (12.22%), Vitamin E: 1.65mg (10.98%), Vitamin K: 6.75µg (6.43%), Vitamin B6: 0.13mg (6.27%), Magnesium: 24.31mg (6.08%), Phosphorus: 51.5mg (5.15%), Fiber: 1.25g (4.99%), Iron: 0.86mg (4.75%), Folate: 17.01µg (4.25%), Vitamin B1: 0.05mg (3.5%), Vitamin A: 162.16IU (3.24%), Potassium: 111.05mg (3.17%), Zinc: 0.46mg (3.07%), Calcium: 27.25mg (2.73%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.34mg (1.69%), Selenium: 0.78µg (1.11%)