



Tomato & pepper dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 375 g peppadew piquante peppers sweet
- 3 tomatoes roughly chopped
- 1 tbsp sun-dried tomato paste
- 1 bunch chives snipped

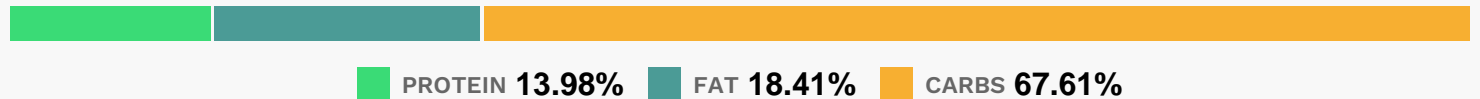
Equipment

- food processor
- blender
- grill

Directions

- Drain and rinse a the jar of Peppadew sweet piquante peppers and tip them into a food processor or blender.
- Add the tomatoes, roughly chopped, sundried tomato paste and most of the bunch of chives, snipped.
- Whizz together until blended, but still chunky. Season with pepper and spoon half into a serving dish, sprinkle over the remaining chives and serve with lots of crisp, fresh, raw veg sticks. You can also grill a few soft flour tortillas until crisp, then snap them into pieces. Pop them under a hot grill they take about a minute each, turning once. The other half of the dip will keep refrigerated for three days.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:7.1413042134727%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 29.92kcal (1.5%), Fat: 0.64g (0.99%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.5g (1.27%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 52.1mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin C: 59.06mg (71.59%), Vitamin A: 855.07IU (17.1%), Vitamin K: 10.9µg (10.38%), Vitamin B6: 0.19mg (9.51%), Manganese: 0.15mg (7.44%), Potassium: 257.1mg (7.35%), Fiber: 1.82g (7.27%), Folate: 16.17µg (4.04%), Vitamin B1: 0.06mg (3.93%), Copper: 0.08mg (3.93%), Vitamin E: 0.56mg (3.77%), Vitamin B3: 0.67mg (3.35%), Magnesium: 13.3mg (3.32%), Iron: 0.54mg (2.99%), Phosphorus: 27.65mg (2.76%), Vitamin B2: 0.03mg (1.76%), Calcium: 13.01mg (1.3%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.19%)