



Walnut Red Pepper Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 12 oz roasted peppers red drained
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 2 cups walnuts shelled

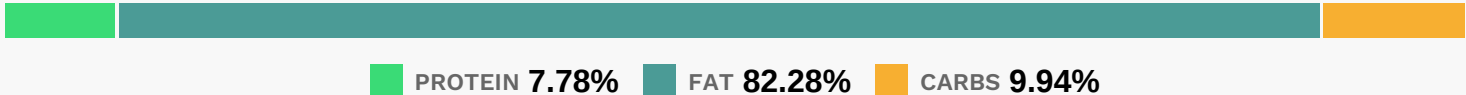
Equipment

☐ food processor

Directions

- ☐ In a food processor, pulse walnuts, cumin, sugar, and salt until walnuts are finely ground.
- ☐ Add peppers, garlic, olive oil, and lemon juice. Whirl until smooth.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:7.4534781860269%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.72kcal (9.29%), Fat: 18.19g (27.98%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 582.76mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Manganese: 0.86mg (43.1%), Copper: 0.42mg (20.92%), Vitamin C: 16.61mg (20.14%), Magnesium: 41.22mg (10.3%), Vitamin B6: 0.19mg (9.54%), Phosphorus: 88.81mg (8.88%), Fiber: 2g (7.98%), Folate: 28.59µg (7.15%), Vitamin B1: 0.09mg (5.98%), Iron: 1.04mg (5.79%), Zinc: 0.79mg (5.29%), Potassium: 156.94mg (4.48%), Calcium: 38.52mg (3.85%), Vitamin E: 0.57mg (3.81%), Vitamin A: 182.94IU (3.66%), Vitamin B2: 0.05mg (2.71%), Vitamin B3: 0.46mg (2.28%), Vitamin K: 2.33µg (2.22%), Selenium: 1.3µg (1.86%), Vitamin B5: 0.15mg (1.49%)