



Whipped Feta with Sweet and Hot Peppers

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper flakes crushed for garnish plus a pinch
- 2 teaspoons pepper for garnish plus a pinch
- 1 pound feta cheese drained
- 1 teaspoon juice of lemon freshly squeezed
- 0.3 cup olive oil
- 0.5 teaspoon paprika smoked spanish for garnish plus a pinch
- 2 medium bell pepper white red stemmed halved lengthwise

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- plastic wrap
- broiler

Directions

- Heat the broiler to high and arrange a rack in the middle.
- Place peppers on a baking sheet, cut side down, and broil until blackened and charred, about 15 minutes, rotating the pan as necessary.
- Transfer peppers to a medium bowl, cover tightly with plastic wrap, and let sit until cool enough to handle, about 15 to 20 minutes.
- Remove peppers from the bowl, discard any liquid, and wipe out the bowl. Peel the peppers (discarding the skin), coarsely chop, and return to the bowl.
- Add remaining ingredients and mix until the sweet and hot peppers coat the cheese. In a food processor fitted with a blade attachment, purée the mixture for about 2 minutes, until very smooth and creamy. (The mixture will be quite loose.) Refrigerate for about 30 minutes before serving to allow the dip to set.
- Place the mixture in a serving bowl and sprinkle it with a pinch each of Aleppo chile, Urfa chile, and paprika.

Nutrition Facts

■ PROTEIN 15.11% ■ FAT 77% ■ CARBS 7.89%

Properties

Glycemic Index:14.88, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:12.004782655965%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 219.81kcal (10.99%), Fat: 19.12g (29.42%), Saturated Fat: 8.51g (53.16%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.35g (1.5%), Cholesterol: 50.46mg (16.82%), Sodium: 656.04mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.89%), Vitamin C: 39.22mg (47.55%), Vitamin B2: 0.51mg (30.04%), Calcium: 283.74mg (28.37%), Vitamin A: 1386.55IU (27.73%), Phosphorus: 201.02mg (20.1%), Vitamin B6: 0.34mg (17.18%), Vitamin B12: 0.96µg (15.97%), Selenium: 8.65µg (12.35%), Vitamin E: 1.78mg (11.84%), Zinc: 1.74mg (11.57%), Folate: 32.3µg (8.07%), Vitamin B1: 0.11mg (7.04%), Vitamin K: 7.26µg (6.91%), Vitamin B5: 0.65mg (6.52%), Vitamin B3: 0.93mg (4.66%), Magnesium: 15.49mg (3.87%), Iron: 0.65mg (3.63%), Fiber: 0.85g (3.41%), Potassium: 113.25mg (3.24%), Manganese: 0.06mg (3.05%), Vitamin D: 0.23µg (1.51%), Copper: 0.03mg (1.5%)