



Yellow Pepper Pesto Terrine

READY IN



45 min.

SERVINGS



24

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil leaves chopped
- ☐ 56 table wafer crackers
- ☐ 16 ounce blocks cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 0.3 cup breadcrumbs dry
- ☐ 4 garlic cloves peeled
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 large bell peppers yellow

Equipment

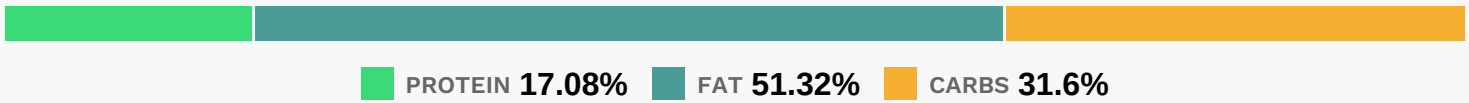
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare pesto, cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and discard skin.
- ☐ Combine peppers and next 7 ingredients (through garlic) in a blender or food processor; process until smooth.
- ☐ To prepare cheese filling, combine cheeses, 1/4 teaspoon salt, and red pepper in a medium bowl; stir well.

- ☐
- Line an 8 x 4-inch loaf pan with plastic wrap, allowing plastic wrap to extend over edges of pan.
- ☐
- Spread about 1 cup of cheese mixture in bottom of pan.
- ☐
- Spread 1/2 cup pesto over cheese mixture. Repeat procedure with remaining cheese filling and pesto, ending with cheese filling. Cover and refrigerate 6 hours or overnight.
- ☐
- To serve, invert terrine onto a platter; remove plastic wrap.
- ☐
- Garnish with additional basil leaves, if desired.
- ☐
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:5.5673912871305%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 106.8kcal (5.34%), Fat: 6.15g (9.47%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 8.12g (2.95%), Sugar: 2.06g (2.28%), Cholesterol: 12.17mg (4.06%), Sodium: 312.75mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin C: 28.8mg (34.91%), Phosphorus: 140.1mg (14.01%), Calcium: 96.65mg (9.66%), Vitamin K: 8.6µg (8.19%), Manganese: 0.13mg (6.53%), Vitamin B2: 0.1mg (6.04%), Folate: 18.63µg (4.66%), Vitamin A: 233.23IU (4.66%), Vitamin B1: 0.06mg (3.93%), Selenium: 2.62µg (3.74%), Vitamin B12: 0.21µg (3.5%), Potassium: 117.34mg (3.35%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.48mg (3.17%), Vitamin E: 0.47mg (3.13%), Iron: 0.56mg (3.1%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.06mg (2.77%), Magnesium: 10.71mg (2.68%), Copper: 0.05mg (2.4%), Fiber: 0.4g (1.62%)