

Red Pepper and Walnut Dip

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 1 cup

2 red peppers
1 teaspoon olive oil
1 onion, chopped
1 clove garlic, crushed
1/2 teaspoon dried chili flakes
1/2 cup walnuts
3 tablespoons olive oil
2 teaspoons red wine vinegar
1/4 teaspoon salt

Quarter and seed the red peppers. Grill skin-side-up until the skin is black and blistered. Cool in a plastic bag, then peel.

In a pan, heat one tablespoon of olive oil. Add the onion and garlic. Cook until soft. Stir in the dried chili flakes.

In a food processor, process the walnuts until fine. Add the peeled peppers, onion mixture, three tablespoons of olive oil, the red wine vinegar and salt. Process until fine and almost smooth.

This dip can be made up to three days ahead and chilled in an airtight container.

Per Serving (excluding unknown items): 889 Calories; 81g Fat (77.5% calories from fat); 19g Protein; 34g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 542mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 4 Vegetable; 15 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	889	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	14.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	81g	Folacin (mcg):	114mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	41g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	28g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	34g		
Dietary Fiber (g):	10g		

Food Exchanges

Grain (Starch): 1/2

Protein (g): 19g
Sodium (mg): 542mg
Potassium (mg): 946mg
Calcium (mg): 89mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 463mg
Vitamin A (i.u.): 13803IU
Vitamin A (r.e.): 1380 1/2RE

Lean Meat: 2
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 15
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 889 **Calories from Fat:** 690

% Daily Values*

Total Fat	81g	125%
Saturated Fat	8g	42%
Cholesterol	0mg	0%
Sodium	542mg	23%
Total Carbohydrates	34g	11%
Dietary Fiber	10g	40%
Protein	19g	

Vitamin A	276%
Vitamin C	772%
Calcium	9%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.