

Keto Chipotle Red Pepper Cheese Dip

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, about 1/3 cup): Total carbs: 6.1 g, Fiber: 1.9 g,

Net carbs: 4.2 g, Protein: 2 g, Fat: 7.1 g, Calories: 88 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



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Ingredients (makes about 2 cups/ 6 servings)

3 medium red peppers, seeds and stalks removed (400 g/ 14 oz)

1 tbsp olive oil (15 ml)

1/4 cup sun-dried tomatoes (28 g/ 1 oz)

1/3 cup full-fat cream cheese (85 g/ 3 oz)

1 garlic clove, minced

1 tsp paprika

pinch of dried chipotle *or* chile flakes

[sea salt](#), to taste

Optional: 1 tsp lemon juice, [black pepper](#) and chopped parsley

Instructions

1. Preheat the oven to 200 °C/ 400 °F. Remove the stalk and seeds from the peppers. Chop into quarters and place on a baking tray. Drizzle with 1 tbsp of olive oil and roast in the oven for 15 minutes until soft.
2. Immediately place in a sealable bag and allow to steam naturally for 3-5 minutes. This makes the skins easy to remove.
3. Peel off the skins. Add the peppers, sun dried tomatoes, chipotle or chilli, paprika, cream cheese, garlic and salt to a mixing bowl.
4. Blitz with a hand blender until smooth. Place in the fridge to thicken. Optionally, stir through 1 tsp of lemon juice before serving.
5. Top with cracked black pepper and parsley if you prefer. Serve with crudité's or [keto crackers](#). Store in an airtight container in the fridge for up to 2 days.

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