



Artichoke-and-Caper Dip With Fresh Vegetable Crudités



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers roughly chopped
- ☐ 1 small garlic clove peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra-virgin

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5 cups vegetables fresh assorted sliced radishes, baby carrots, blanched wax beans, broccoli and cauliflower florets

Equipment

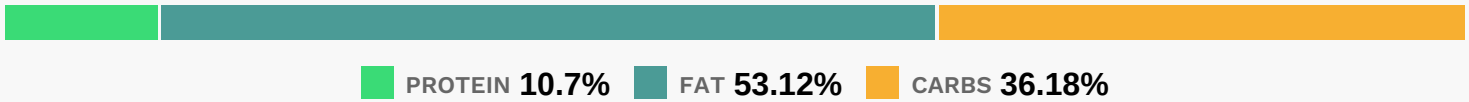
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food processor

Directions

- ☐
- Combine garlic and artichoke hearts in a food processor; pulse for 30 seconds or until well chopped. With processor on, add the lemon juice, lemon zest, and olive oil, processing until smooth and well blended.
- ☐
- Stir in pepper and capers.
- ☐
- Serve dip at room temperature or chilled with assorted crudits. Dip can be made 1 day in advance and stored in the fridge.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:3.9621739100827%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 48.39kcal (2.42%), Fat: 2.97g (4.57%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.39g (1.54%), Cholesterol: 0mg (0%), Sodium: 206.02mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin C: 26.13mg (31.68%), Vitamin K: 9.92µg (9.44%), Folate: 29.8µg (7.45%), Fiber: 1.71g (6.82%), Vitamin B6: 0.1mg (4.92%), Manganese: 0.09mg (4.53%), Potassium: 156.83mg (4.48%), Vitamin B5: 0.34mg (3.43%), Vitamin E: 0.47mg (3.1%), Phosphorus: 23.07mg (2.31%), Magnesium: 8.47mg (2.12%), Vitamin B2: 0.03mg (1.96%), Vitamin B1: 0.03mg (1.81%), Iron: 0.27mg (1.48%), Copper: 0.03mg (1.39%), Vitamin B3: 0.27mg (1.36%), Calcium: 12.84mg (1.28%)