



Artichoke & mint dip

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 285 g artichokes in oil
- ☐ 1 handful mint leaves good
- ☐ 3 tbsp crème fraîche
- ☐ 1 tsp juice of lemon
- ☐ 6 wholewheat pita breads
- ☐ 2 tbsp olive oil
- ☐ 6 servings sea salt
- ☐ 1 sprig lemon wedges

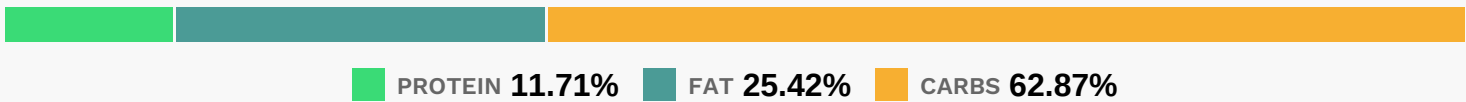
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Up to a day ahead, blitz the artichokes and their oil with the mint in a food processor until fairly smooth.
- ☐ Add crme frache, season, then briefly pulse.
- ☐ Add lemon juice. Tip into a small bowl, cover and chill.
- ☐ To serve, heat the oven to 200C/fan 180C/gas
- ☐ Tear the pittas into rough pieces and spread over a couple of baking sheets.
- ☐ Drizzle with oil and scatter over some sea salt.
- ☐ Bake for 7-10 mins until crisp.
- ☐ Set the bowl of dip on a large platter; add lemon wedge and mint. Surround with pitta pieces.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:29.84, Inflammation Score:-4, Nutrition Score:7.2126087073399%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 5.95mg, Naringenin: 5.95mg, Naringenin: 5.95mg, Naringenin: 5.95mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg

Nutrients (% of daily need)

Calories: 230.16kcal (11.51%), Fat: 6.58g (10.13%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 32.78g (11.92%), Sugar: 0.7g (0.78%), Cholesterol: 3.54mg (1.18%), Sodium: 540.77mg (23.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Manganese: 0.4mg (20.01%), Fiber: 3.86g (15.43%), Vitamin B1: 0.19mg (12.38%), Folate: 47.04µg (11.76%), Magnesium: 44.26mg (11.07%), Copper: 0.21mg (10.37%), Phosphorus: 102.21mg (10.22%), Vitamin K: 9.93µg (9.46%), Vitamin B3: 1.71mg (8.57%), Iron: 1.46mg (8.11%), Calcium: 77mg (7.7%), Vitamin C: 6.23mg (7.56%), Potassium: 255.42mg (7.3%), Vitamin B2: 0.1mg (5.75%), Vitamin E: 0.79mg (5.24%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.41mg (4.07%), Vitamin B6: 0.08mg (3.9%), Vitamin A: 71.96IU (1.44%)