



Blanched Crudites



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 pound carrots sliced
- ☐ 1 pint cherry tomatoes
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 2 tablespoons parsley leaves fresh minced
- ☐ 1 teaspoon kosher salt

- ☐ 0.5 cup mayonnaise
- ☐ 2 heads radicchio thinly
- ☐ 4 scallions white green minced
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ pot
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ Prepare a large pot of boiling salted water, and fill a large bowl with ice water.
- ☐ Remove the tough bottoms of the asparagus stalks. If they are thick, peel the stems half-way up the stalk.
- ☐ Add the carrots to the pot of boiling water and blanch for 1 minute. Immediately remove the carrots with a slotted spoon and plunge them in the bowl of ice water.
- ☐ Drain the carrots when fully cooled.
- ☐ Add the asparagus to the boiling water and blanch for 1 minute. Immediately remove the asparagus with a slotted spoon and plunge them into the reserved bowl of ice water.
- ☐ Drain the asparagus when fully cooled.
- ☐ Slice the radicchio into wedges.
- ☐ Arrange the carrots, asparagus, cherry tomatoes, and radicchio on a platter and serve with the Herb Dip.
- ☐ Place the cream cheese, sour cream, mayonnaise, scallions, parsley, dill, salt, and pepper in the bowl of an electric mixer fitted with the paddle attachment and blend.
- ☐ Serve at room temperature.

Nutrition Facts



 **PROTEIN 7.67%**  **FAT 70.79%**  **CARBS 21.54%**

Properties

Glycemic Index:44.47, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:24.93695656113%

Flavonoids

Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 35.55mg, Luteolin: 35.55mg, Luteolin: 35.55mg, Luteolin: 35.55mg Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg, Isorhamnetin: 4.34mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 41.58mg, Quercetin: 41.58mg, Quercetin: 41.58mg, Quercetin: 41.58mg

Nutrients (% of daily need)

Calories: 382.65kcal (19.13%), Fat: 31.31g (48.17%), Saturated Fat: 11.89g (74.28%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 16.02g (5.83%), Sugar: 9.91g (11.01%), Cholesterol: 57.33mg (19.11%), Sodium: 715.75mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin K: 351.98µg (335.22%), Vitamin A: 14449.67IU (288.99%), Vitamin C: 37.65mg (45.63%), Folate: 132.7µg (33.18%), Vitamin E: 4.97mg (33.14%), Copper: 0.58mg (29.02%), Potassium: 959.36mg (27.41%), Manganese: 0.5mg (24.77%), Fiber: 5.41g (21.65%), Vitamin B2: 0.32mg (19.12%), Phosphorus: 188.29mg (18.83%), Iron: 3.24mg (18%), Vitamin B6: 0.33mg (16.3%), Vitamin B1: 0.22mg (14.77%), Calcium: 136.1mg (13.61%), Magnesium: 47.13mg (11.78%), Vitamin B3: 2.26mg (11.28%), Vitamin B5: 1.09mg (10.93%), Zinc: 1.61mg (10.73%), Selenium: 7.5µg (10.72%), Vitamin B12: 0.15µg (2.43%)