



Boogie Monster Bog with Forest Dippers



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 oz broccoli frozen
- ☐ 1 cup peas sweet frozen
- ☐ 1 cup salad dressing
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon pepper
- ☐ 4 oz pretzels

☐ 6 oz broccoli florets

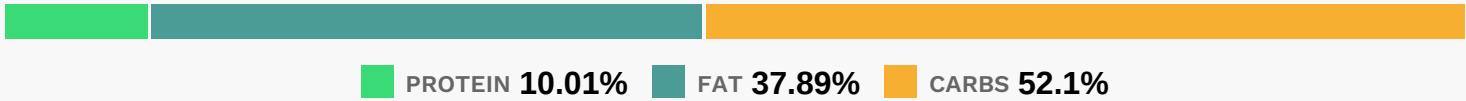
Equipment

☐ food processor

Directions

- ☐ Cook and drain broccoli and peas as directed on packages; cool.
- ☐ In food processor, place broccoli and peas. Cover; process until finely chopped.
- ☐ Add mayonnaise, dill, salt, garlic powder and pepper; process until smooth.
- ☐ Spread on platter. Surround with pretzels to look like twigs.
- ☐ Place broccoli in center or around edges to look like trees and bushes.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:5.0834781864415%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 63.61kcal (3.18%), Fat: 2.76g (4.25%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.36g (2.68%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 252.91mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin K: 30.24µg (28.8%), Vitamin C: 22.53mg (27.31%), Folate: 29.29µg (7.32%), Manganese: 0.14mg (7.04%), Vitamin A: 237.57IU (4.75%), Fiber: 1.18g (4.72%), Vitamin B1: 0.06mg (4.1%), Iron: 0.6mg (3.31%), Vitamin B2: 0.06mg (3.24%), Potassium: 112.8mg (3.22%), Vitamin B6: 0.06mg (3.18%), Phosphorus: 31.6mg (3.16%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.61mg (3.06%), Magnesium: 9.49mg (2.37%), Copper: 0.04mg (1.79%), Zinc: 0.25mg (1.68%), Selenium: 1.17µg (1.66%), Calcium: 16.24mg (1.62%), Vitamin B5: 0.15mg (1.52%)