



Christmas Tree Vegetable Platter

 Popular

READY IN



85 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup crème fraîche sour
- ☐ 0.3 cup salad dressing
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 small clove garlic finely chopped

- ☐ 3 cups broccoli florets fresh
- ☐ 14 grape tomatoes
- ☐ 0.5 bell pepper yellow cut into strips
- ☐ 1.5 cups cauliflower florets fresh
- ☐ 0.8 oz pretzel sticks (40) (from 15-oz bag)

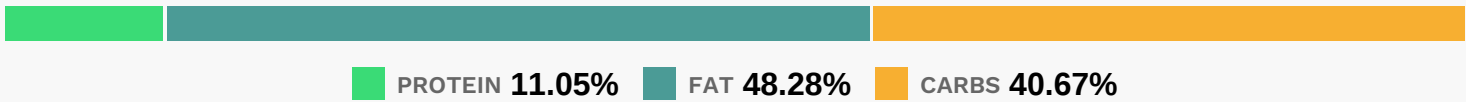
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, stir together dip ingredients. Cover; refrigerate at least 1 hour to blend flavors.
- ☐ Rinse and thoroughly dry vegetables. Trim broccoli and cauliflower floret stems.
- ☐ Arrange broccoli on serving platter to form tree shape and tomatoes to form garland. Arrange bell pepper to form star and cauliflower to form snow (see photo). If desired, cover and refrigerate up to 4 hours.
- ☐ Just before serving, arrange pretzels at bottom of tree to form trunk.
- ☐ Serve with dip.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:10.932173894799%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 81.83kcal (4.09%), Fat: 4.69g (7.22%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.02g (2.55%), Sugar: 3.14g (3.49%), Cholesterol: 8.48mg (2.83%), Sodium: 207.35mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin C: 60.23mg (73.01%), Vitamin K: 71.58µg (68.17%), Vitamin A: 743.49IU (14.87%), Folate: 47.77µg (11.94%), Manganese: 0.19mg (9.65%), Potassium: 297.23mg (8.49%), Vitamin B6: 0.15mg (7.54%), Fiber: 1.88g (7.51%), Phosphorus: 57.55mg (5.75%), Vitamin B2: 0.1mg (5.61%), Vitamin E: 0.68mg (4.56%), Magnesium: 18.19mg (4.55%), Calcium: 44.65mg (4.47%), Vitamin B1: 0.07mg (4.37%), Vitamin B5: 0.43mg (4.3%), Iron: 0.74mg (4.1%), Vitamin B3: 0.75mg (3.76%), Copper: 0.06mg (3.22%), Selenium: 1.85µg (2.65%), Zinc: 0.36mg (2.42%)