



Creamy Veggie Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby arugula
- 1 small carrots cut into thirds
- 1 stalk celery cut into thirds
- 4 ounces cream cheese
- 1 tablespoon tarragon fresh roughly chopped
- 1 small clove garlic
- 8 servings kosher salt and pepper freshly ground
- 0.5 cup mayonnaise

- 8 servings vegetables raw for serving
- 4 scallions cut into thirds
- 1 cup cup heavy whipping cream sour
- 2 cups vegetable chips crushed finely

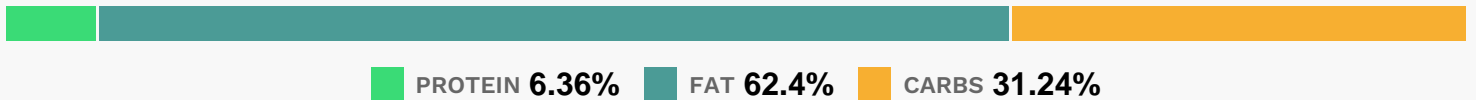
Equipment

- food processor
- bowl

Directions

- Combine the arugula, celery, carrot, scallions, garlic and tarragon in a food processor and pulse until very finely chopped.
- Add the sour cream, mayonnaise and cream cheese and pulse to combine.
- Add the crushed chips and pulse a few more times until smooth. Season with salt and pepper.
- Transfer to a bowl and chill 30 minutes or up to 8 hours.
- Serve with vegetables.
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:53.65, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:16.328695584898%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 423.33kcal (21.17%), Fat: 30.37g (46.73%), Saturated Fat: 10.21g (63.81%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 27.34g (9.94%), Sugar: 2.2g (2.45%), Cholesterol: 37.16mg (12.39%), Sodium: 679.93mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin A: 6281.39IU (125.63%), Vitamin K: 43.72µg (41.63%), Fiber: 6.87g (27.46%), Manganese: 0.48mg (23.91%), Vitamin C: 16.41mg (19.89%), Potassium: 600.68mg (17.16%), Phosphorus: 150.71mg (15.07%), Folate: 57.19µg (14.3%), Vitamin B3: 2.71mg (13.55%), Vitamin B6: 0.26mg (13%), Iron: 2.19mg (12.18%), Vitamin B2: 0.21mg (12.17%), Vitamin B1: 0.18mg (11.92%), Magnesium: 44.76mg (11.19%), Calcium: 99.13mg (9.91%), Vitamin B5: 0.73mg (7.27%), Copper: 0.13mg (6.72%), Zinc: 0.9mg (5.99%), Vitamin E: 0.8mg (5.33%), Selenium: 3.43µg (4.91%), Vitamin B12: 0.11µg (1.81%)