



Crudit  Platter with Roasted Garlic Aioli



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



10

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus trimmed
- ☐ 1 bunch baby carrots with 1 inch of green tops left on peeled
- ☐ 1 belgian endive separated
- ☐ 0.5 head broccoli cut into florets
- ☐ 0.5 head cauliflower cut into florets
- ☐ 0.5 pound fingerling potatoes red (or small)
- ☐ 10 servings roasted garlic
- ☐ 10 servings sea salt

- ☐ 0.5 pound turtle beans green
- ☐ 1 Slices bell pepper red yellow

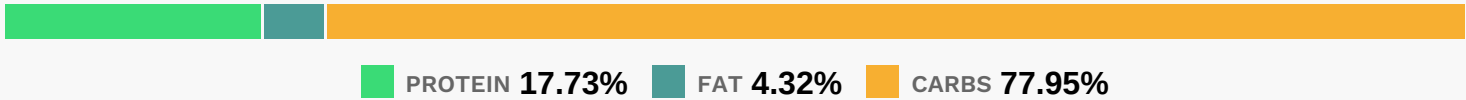
Equipment

- ☐ bowl
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Blanch carrots by cooking in boiling salted water 1 minute or until they turn bright orange; remove from water with a slotted spoon or mesh strainer, and plunge into ice water to stop the cooking process.
- ☐ Drain and set aside; repeat process with broccoli and next 4 ingredients. (Broccoli and asparagus need to boil only about 30 seconds; potato takes about 10 minutes.) Arrange blanched vegetables on a platter with endive and bell peppers or tomatoes.
- ☐ Serve with a bowl of sea salt for sprinkling and a bowl of Roasted Garlic Aioli for dipping.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:16.183043490285%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 68.84kcal (3.44%), Fat: 0.37g (0.56%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 10.61g (3.86%), Sugar: 3.84g (4.27%), Cholesterol: 0mg (0%), Sodium: 251.34mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin A: 6568.81IU (131.38%), Vitamin C: 53.91mg

(65.35%), Vitamin K: 49.61µg (47.25%), Folate: 87.87µg (21.97%), Fiber: 4.21g (16.86%), Manganese: 0.3mg (15.15%), Potassium: 500.84mg (14.31%), Vitamin B6: 0.28mg (14.02%), Iron: 1.72mg (9.56%), Phosphorus: 84.65mg (8.46%), Copper: 0.17mg (8.31%), Magnesium: 31.01mg (7.75%), Vitamin B1: 0.11mg (7.29%), Vitamin B5: 0.7mg (7.01%), Vitamin B2: 0.11mg (6.65%), Calcium: 59.95mg (6%), Vitamin B3: 1.08mg (5.41%), Zinc: 0.6mg (4.01%), Vitamin E: 0.52mg (3.47%), Selenium: 2.36µg (3.38%)