



Crudites with Creamy Anchovy Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



736 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce anchovies drained finely chopped canned
- ☐ 2 garlic cloves finely chopped
- ☐ 4 green onions finely chopped
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 hard-cooked egg chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon salt

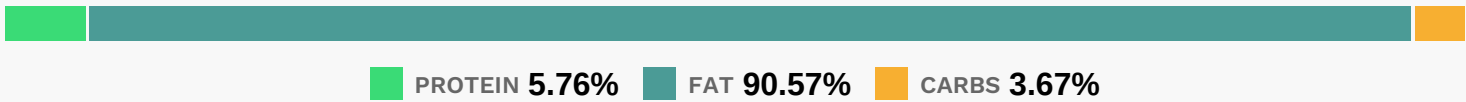
☐ 1 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together all ingredients. Cover and chill 8 hours.
- ☐ Serve with fresh asparagus, carrots, celery, red and green bell pepper strips, and radishes.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:14.881304315899%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 735.93kcal (36.8%), Fat: 74.4g (114.46%), Saturated Fat: 17.46g (109.11%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.13g (2.23%), Sugar: 3.75g (4.17%), Cholesterol: 154.82mg (51.61%), Sodium: 1602.85mg (69.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.31%), Vitamin K: 159.44µg (151.85%), Selenium: 22.98µg (32.82%), Vitamin E: 3.65mg (24.3%), Vitamin B3: 3.95mg (19.77%), Vitamin B2: 0.31mg (18.47%), Phosphorus: 160.67mg (16.07%), Vitamin A: 784.04IU (15.68%), Calcium: 154.22mg (15.42%), Vitamin B12: 0.6µg (10.03%), Manganese: 0.18mg (9.13%), Iron: 1.63mg (9.04%), Potassium: 300.85mg (8.6%), Vitamin B5: 0.83mg (8.31%), Vitamin C: 6.26mg (7.58%), Folate: 29.54µg (7.38%), Zinc: 1.1mg (7.32%), Magnesium: 28.27mg (7.07%), Vitamin B6: 0.13mg (6.74%), Copper: 0.12mg (6.17%), Vitamin D: 0.84µg (5.58%), Vitamin B1: 0.06mg (4.22%), Fiber: 0.64g (2.57%)