



Crudités with Green Goddess Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy
- ☐ 1 large avocado pitted ripe peeled quartered
- ☐ 10 servings baby carrots with some tops still attached trimmed peeled
- ☐ 1 Heads belgian endive green red separated trimmed
- ☐ 10 servings cucumber cut into 3x1/2-inch spears
- ☐ 10 servings eggs with some tops still attached trimmed
- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 tablespoons tarragon fresh chopped

- ☐ 1 garlic clove peeled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 10 servings and orange peppers red yellow cut into 3x1/2-inch strips
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 medium shallots coarsely chopped
- ☐ 30 large shrimp cooked peeled
- ☐ 0.5 cup cream sour
- ☐ 10 servings sugar snap peas trimmed
- ☐ 1 tablespoon citrus champagne vinegar

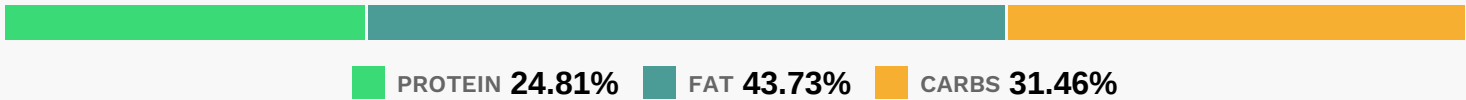
Equipment

- ☐ bowl

Directions

- ☐ Combine lemon juice, anchovies, shallot,vinegar, and garlic in processor. Blend until shallot and garlic are finely chopped.
- ☐ Addavocado, sour cream, parsley, tarragon,and basil; blend until almost smooth. Withmachine running, add olive oil through feedtube in thin stream.
- ☐ Transfer dip to smallbowl. Season to taste with salt and pepper.DO AHEAD: Can be made 1 day ahead.Cover and chill.
- ☐ Place bowl of dip on large platter.Surround with shrimp and vegetables.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:27.010869565217%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 244.52kcal (12.23%), Fat: 12.34g (18.99%), Saturated Fat: 3.43g (21.46%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 12.85g (4.67%), Sugar: 10.16g (11.29%), Cholesterol: 219.24mg (73.08%), Sodium: 178.06mg (7.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.51%), Vitamin A: 15153.48IU (303.07%), Vitamin C: 134.39mg (162.89%), Vitamin K: 55.24µg (52.61%), Folate: 127.55µg (31.89%), Vitamin B6: 0.59mg (29.31%), Manganese: 0.58mg (28.78%), Fiber: 7.13g (28.52%), Phosphorus: 252.63mg (25.26%), Vitamin B2: 0.41mg (24.39%), Potassium: 811.15mg (23.18%), Selenium: 15.67µg (22.39%), Iron: 4.02mg (22.32%), Vitamin B5: 1.97mg (19.73%), Copper: 0.35mg (17.6%), Vitamin E: 2.63mg (17.51%), Magnesium: 62.03mg (15.51%), Calcium: 141.87mg (14.19%), Vitamin B1: 0.19mg (12.43%), Zinc: 1.74mg (11.59%), Vitamin B3: 2.23mg (11.16%), Vitamin B12: 0.42µg (7.01%), Vitamin D: 0.88µg (5.87%)