



Crudités with Lemon-Herb Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots
- ☐ 1.8 lb celery
- ☐ 8 ounces cream cheese room-temperature
- ☐ 1 cucumber english
- ☐ 2 tablespoons chives fresh thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon milk
- ☐ 2 tablespoons parsley italian chopped

☐ 0.3 teaspoon salt

Equipment

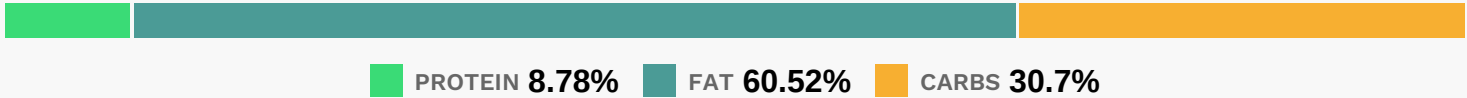
☐ bowl

☐ blender

Directions

- ☐ In a small bowl, with a mixer on low speed, beat cream cheese, Italian parsley, chives, lemon juice, and salt until well blended.
- ☐ Add milk and beat until smooth; if mixture is too stiff, add a little more milk. Spoon into a bowl.
- ☐ Rinse and thinly slice English cucumber (12 oz.), peel carrots and cut into sticks, and rinse and trim celery and cut into sticks. Arrange vegetables on a platter; serve with lemon-herb dip.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:13.386087008792%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.98mg, Apigenin: 4.98mg, Apigenin: 4.98mg, Apigenin: 4.98mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 144.11kcal (7.21%), Fat: 10.18g (15.66%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 8.2g (2.98%), Sugar: 5.87g (6.52%), Cholesterol: 28.86mg (9.62%), Sodium: 282.25mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin A: 10457.8IU (209.16%), Vitamin K: 61.31µg (58.39%), Potassium: 544.48mg (15.56%), Fiber: 3.42g (13.68%), Folate: 54.35µg (13.59%), Vitamin C: 9.96mg (12.08%), Manganese: 0.22mg (11.05%), Vitamin B2: 0.17mg (10.1%), Calcium: 96.43mg (9.64%), Vitamin B6: 0.19mg (9.32%), Phosphorus: 86.05mg (8.61%), Vitamin B5: 0.67mg (6.73%), Magnesium: 26.3mg (6.57%), Vitamin

E: 0.91mg (6.07%), Vitamin B1: 0.08mg (5.19%), Vitamin B3: 0.96mg (4.8%), Selenium: 3.05µg (4.36%), Copper: 0.08mg (4.19%), Zinc: 0.51mg (3.37%), Iron: 0.58mg (3.23%), Vitamin B12: 0.07µg (1.21%)