



Crudités with Lemon-Pesto Goat Cheese Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 10 ounces goat cheese fresh soft room temperature
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 0.3 cup purchased pesto
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 sticks vegetables assorted (such as cauliflower and broccoli florets, carrot and celery bell pepper strips, and jicama sticks)
- ☐ 0.7 cup cup heavy whipping cream sour

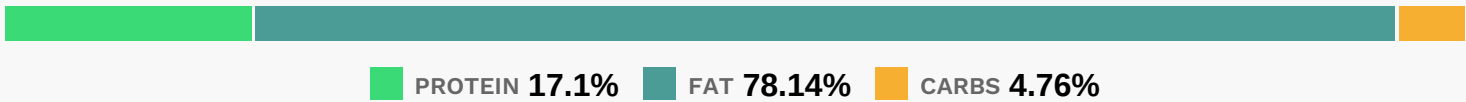
Equipment

☐ bowl

Directions

- ☐ Arrange vegetables on platter; cover and chill. Blend cheese, sour cream, 1/4 cup pesto, lemon juice, and lemon peel in processor until smooth. Season with salt and pepper.
- ☐ Transfer to serving bowl. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- ☐ Top dip with dollops of remaining 2 tablespoons pesto.
- ☐ Sprinkle dip with toasted pine nuts.
- ☐ Serve dip alongside platter of assorted vegetables.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.89565219827322%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 179.36kcal (8.97%), Fat: 15.78g (24.27%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.42g (1.58%), Cholesterol: 28.23mg (9.41%), Sodium: 208.96mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Copper: 0.3mg (14.84%), Manganese: 0.26mg (12.92%), Vitamin A: 643.63IU (12.87%), Phosphorus: 120.09mg (12.01%), Vitamin B2: 0.17mg (10.21%), Calcium: 82.63mg (8.26%), Vitamin B6: 0.1mg (5.07%), Iron: 0.88mg (4.87%), Zinc: 0.55mg (3.69%), Magnesium: 14.17mg (3.54%), Vitamin B5: 0.32mg (3.2%), Vitamin C: 2.24mg (2.71%), Vitamin B1: 0.04mg (2.6%), Vitamin E: 0.38mg (2.52%), Selenium: 1.73µg (2.47%), Vitamin K: 2.4µg (2.29%), Vitamin B12: 0.11µg (1.79%), Folate: 7.13µg (1.78%), Potassium: 52.95mg (1.51%), Vitamin B3: 0.29mg (1.43%), Fiber: 0.27g (1.08%)