



Crudites with Olive Oil and Flavored Salts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup curry powder
- 0.3 cup paprika sweet
- 0.8 cup olive oil extra virgin extra-virgin
- 8 servings savory vegetable fresh assorted
- 11.5 teaspoons salt
- 0.3 cup sesame seed

Equipment

- bowl

frying pan

ramekin

Directions

Place sesame seeds in small nonstick skillet set over medium heat. Stir until toasted and golden brown, about 3 minutes. Cool completely.

Place in a spice grinder with 1 1/2 teaspoons salt. Process until finely ground.

Transfer mixture to small ramekin.

Mix curry powder and 5 teaspoons salt in small bowl.

Transfer mixture to another small ramekin.

Mix paprika and 5 teaspoons salt in small bowl.

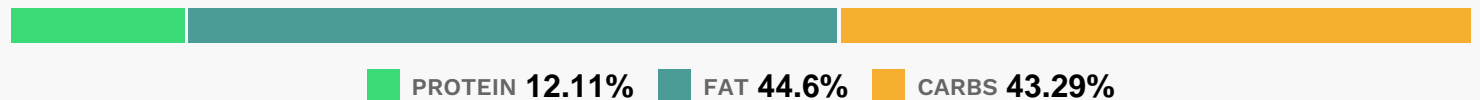
Transfer mixture to another small ramekin. (Flavored salts can be made 1 day ahead. Cover and set aside at room temperature.)

Pour oil into small bowl or ramekin.

Place vegetables decoratively on platter.

Serve, passing oil and salts separately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:17.090434665265%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 163.4kcal (8.17%), Fat: 9.08g (13.97%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 11.83g (4.3%), Sugar: 0.57g (0.64%), Cholesterol: 0mg (0%), Sodium: 3392.56mg (147.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin A: 6356.76IU (127.14%), Manganese: 0.76mg (37.76%), Fiber: 8.01g (32.04%), Iron: 4.73mg (26.26%), Vitamin E: 3.21mg (21.38%), Copper: 0.43mg (21.33%), Magnesium: 68.65mg (17.16%), Vitamin B6: 0.29mg (14.7%), Phosphorus: 129.4mg (12.94%), Calcium: 128.87mg

(12.89%), Vitamin B1: 0.19mg (12.69%), Vitamin C: 10.34mg (12.53%), Vitamin K: 12.53µg (11.93%), Potassium: 413.93mg (11.83%), Folate: 45.49µg (11.37%), Vitamin B3: 2.02mg (10.09%), Vitamin B2: 0.16mg (9.12%), Zinc: 1.35mg (8.99%), Selenium: 4µg (5.71%), Vitamin B5: 0.24mg (2.36%)