



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 hungarian paprika sweet
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 8 servings vegetables fresh assorted
- ☐ 11.5 teaspoons salt
- ☐ 0.3 cup sesame seed

Equipment

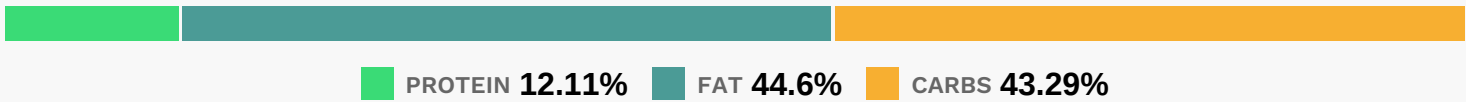
- ☐ bowl

- ☐ 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%)