



Curried Vegetable Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 3 oz cream cheese at room temperature
- ☐ 0.3 cup cucumber peeled seeded finely chopped
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon salt

- ☐ 1 spring onion trimmed finely chopped
- ☐ 6 servings spring onion sliced
- ☐ 0.5 cup cream sour
- ☐ 0.3 teaspoon turmeric

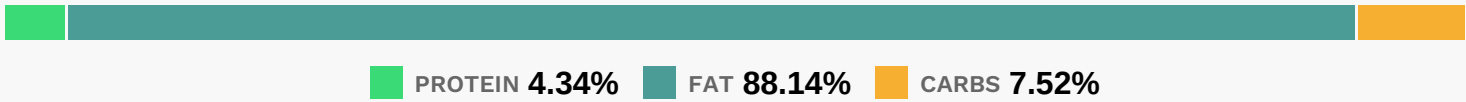
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients except celery, cucumber, and scallion until smooth, then stir in vegetables.
- ☐ ·Dip can be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:3.9469565072137%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 157.45kcal (7.87%), Fat: 15.71g (24.16%), Saturated Fat: 5.91g (36.94%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.64g (1.82%), Cholesterol: 29.54mg (9.85%), Sodium: 309.92mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 34.89µg (33.23%), Vitamin A: 431.57IU (8.63%), Vitamin B2: 0.08mg (4.7%), Calcium: 46.36mg (4.64%), Vitamin E: 0.64mg (4.3%), Phosphorus: 39.84mg (3.98%), Selenium: 2.29µg (3.27%), Vitamin C: 2.48mg (3.01%), Folate: 11.8µg (2.95%), Potassium: 102.38mg (2.93%), Manganese: 0.06mg (2.76%), Iron: 0.44mg (2.45%), Magnesium: 8.06mg (2.02%), Vitamin B5: 0.2mg (2%), Fiber: 0.5g (1.99%), Vitamin B6: 0.04mg (1.79%), Zinc: 0.23mg (1.5%), Vitamin B12: 0.08µg (1.38%), Copper: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.21%)