



Extra-Green Goddess Dip

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet anchovy
- ☐ 0.3 cup crème fraîche sour
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup basil leaves fresh
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 cup mayonnaise
- ☐ 5 servings chips assorted (for dipping)
- ☐ 5 servings cut-up vegetables assorted (For dipping)
- ☐ 2 cups watercress sprigs packed trimmed () (from 1 large bunch)

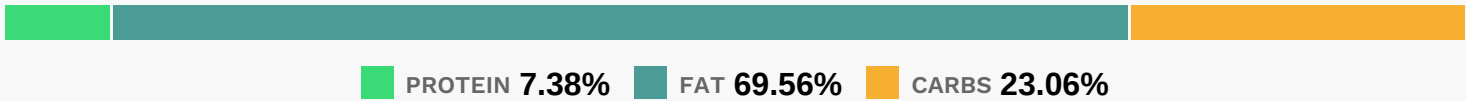
Equipment

- ☐ bowl

Directions

- ☐ Assorted cut-up vegetables (for dipping) Assorted chips (for dipping)
- ☐ Combine first 5 ingredients in processor; blend 5 seconds.
- ☐ Add next 6 ingredients. Blend until herbs, anchovies, and garlic are finely chopped, scraping down sides of bowl occasionally. Season dip with salt and pepper.
- ☐ Transfer to bowl. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Place bowl of dip in center of platter; surround with vegetables and chips.

Nutrition Facts



Properties

Glycemic Index:87.67, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:15.407391488552%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg, Kaempferol: 3.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 247.33kcal (12.37%), Fat: 19.88g (30.58%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 10.79g (3.93%), Sugar: 0.73g (0.81%), Cholesterol: 17.15mg (5.72%), Sodium: 212.89mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.49%), Vitamin A: 5406.85IU (108.14%), Vitamin K: 84.51µg (80.48%), Vitamin C: 19.85mg (24.06%), Manganese: 0.42mg (21.1%), Fiber: 4.03g (16.12%), Folate: 38.16µg (9.54%), Potassium: 330.63mg (9.45%), Vitamin B1: 0.14mg (9.3%), Iron: 1.6mg (8.89%), Phosphorus: 88mg (8.8%), Magnesium: 34.99mg (8.75%), Vitamin B2: 0.15mg (8.61%), Vitamin B6: 0.17mg (8.3%), Vitamin B3: 1.6mg (7.99%), Calcium: 79.02mg (7.9%), Copper: 0.13mg (6.51%), Vitamin E: 0.96mg (6.38%), Zinc: 0.63mg (4.18%), Selenium: 2.53µg (3.62%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.06µg (1.02%)