



Fresh Lemon-Basil Dip With Blanched Green Beans

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



25

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup basil fresh chopped
- 1 cup basil fresh chopped
- 6 pounds green beans fresh trimmed
- 1 slices lemon zest
- 2 tablespoons lemon zest
- 2 cups mayonnaise
- 0.3 teaspoon salt

8 oz cream sour

Equipment

whisk

Directions

Whisk together first 5 ingredients until blended. Cover and chill until ready to serve. Cook beans, in batches, in boiling water to cover 3 to 5 minutes or until crisp-tender. Plunge into ice water to stop the cooking process; drain. Cover and chill beans until ready to serve.

Serve dip with green beans.

Garnish, if desired.

Nutrition Facts



PROTEIN 5.41% **FAT 76.43%** **CARBS 18.16%**

Properties

Glycemic Index:9.44, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:9.967391518795%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 174.25kcal (8.71%), Fat: 15.42g (23.72%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.22g (1.9%), Sugar: 3.99g (4.43%), Cholesterol: 12.88mg (4.29%), Sodium: 146.5mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin K: 84.12µg (80.12%), Vitamin A: 920.85IU (18.42%), Vitamin C: 14.38mg (17.43%), Manganese: 0.26mg (12.97%), Fiber: 3.03g (12.1%), Folate: 38.74µg (9.68%), Vitamin B6: 0.16mg (8.13%), Vitamin B2: 0.13mg (7.87%), Magnesium: 29.61mg (7.4%), Vitamin E: 1.09mg (7.23%), Potassium: 251.12mg (7.17%), Iron: 1.23mg (6.84%), Vitamin B1: 0.09mg (6.26%), Calcium: 54.98mg (5.5%), Phosphorus: 53.16mg (5.32%), Copper: 0.09mg (4.4%), Vitamin B3: 0.83mg (4.13%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.34mg (2.23%), Selenium: 1.41µg (2.01%)