



Garlic eyeballs with creamy chive dip

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 145 g pack pizza dough mix
- ☐ 1 tbsp olive oil
- ☐ 12 servings flour for kneading
- ☐ 1 large garlic clove crushed
- ☐ 2 tbsp parsley chopped
- ☐ 12 olives black pitted
- ☐ 1 eggs beaten
- ☐ 142 ml pot soured cream (or Greek yogurt)

- ☐ 1 tablespoon juice of lemon
- ☐ 2 tbsp chive snipped

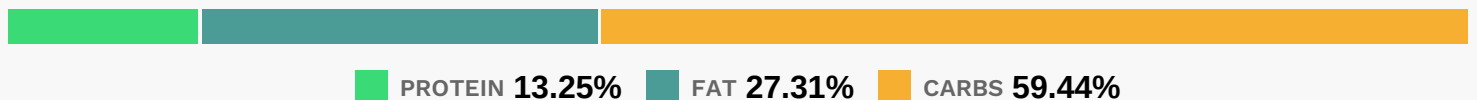
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Empty the dough mix into a bowl and season to taste. Make a well, then mix with water and the olive oil, according to pack instructions. With a flat-bladed knife, bring the dough together; it should be slightly sticky.
- ☐ Knead the dough for 5 mins on a lightly floured surface until it feels springy and smooth. Lift into a large, lightly-oiled bowl, cover with oiled cling film and set aside in a warm place until doubled in size, about 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tip the dough out onto the worktop, flatten with your hands and sprinkle over the garlic and parsley. Knead for another min until the garlic and parsley are spread evenly through the dough. Pull the dough into 12 walnut-sized pieces and roll into balls. If your kids like olives, poke one into each ball to make it look like an eye.
- ☐ Place on a baking sheet.
- ☐ Brush each ball with a little beaten egg and bake for 10–12 mins until golden and risen. Meanwhile, mix all the dip ingredients together in a small bowl and season to taste.
- ☐ Serve the eyeballs dunked into the dip. Eyeballs will keep in an airtight container for up to 2 days, or frozen for up to a month.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:3.3991304636002%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.7kcal (5.09%), Fat: 3.07g (4.73%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.43g (5.25%), Sugar: 0.76g (0.84%), Cholesterol: 14.14mg (4.71%), Sodium: 163.76mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Iron: 3.16mg (17.53%), Vitamin K: 12.25µg (11.66%), Selenium: 4.74µg (6.77%), Vitamin B2: 0.08mg (4.93%), Folate: 18.01µg (4.5%), Vitamin B1: 0.07mg (4.34%), Phosphorus: 30.26mg (3.03%), Manganese: 0.06mg (3.01%), Vitamin E: 0.37mg (2.48%), Vitamin B3: 0.49mg (2.45%), Fiber: 0.61g (2.43%), Vitamin A: 111.13IU (2.22%), Vitamin C: 1.69mg (2.05%), Calcium: 18.24mg (1.82%), Vitamin B12: 0.1µg (1.71%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.13%), Zinc: 0.17mg (1.12%), Vitamin B6: 0.02mg (1.11%), Magnesium: 4.29mg (1.07%), Potassium: 36.16mg (1.03%)