



Ginger Carrot Dip with Crudites



Vegetarian



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings cauliflower florets raw or any other vegetables in season trimmed
- ☐ 5 medium carrots coarsely chopped
- ☐ 0.3 cup ginger peeled chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 spring onion coarsely chopped
- ☐ 1.5 tablespoons seasoned rice vinegar
- ☐ 0.3 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce

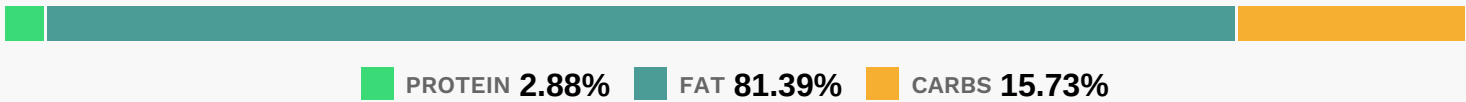
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Purée all ingredients in a blender until almost smooth, about 2 minutes.
- ☐ Transfer to a bowl and chill, covered, at least 1 hour.
- ☐ Dip can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:7.8378260951975%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 117.44kcal (5.87%), Fat: 10.72g (16.5%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.07g (2.3%), Cholesterol: 5.88mg (1.96%), Sodium: 242.12mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin A: 6408.17IU (128.16%), Vitamin K: 34.24µg (32.61%), Fiber: 1.24g (4.97%), Vitamin E: 0.74mg (4.92%), Potassium: 153.35mg (4.38%), Vitamin C: 3.45mg (4.18%), Manganese: 0.08mg (4.08%), Vitamin B6: 0.07mg (3.34%), Folate: 11.17µg (2.79%), Vitamin B3: 0.51mg (2.53%), Phosphorus: 21.9mg (2.19%), Vitamin B1: 0.03mg (2.05%), Magnesium: 7.68mg (1.92%), Vitamin B2: 0.03mg (1.89%), Calcium: 17.19mg (1.72%), Copper: 0.03mg (1.63%), Vitamin B5: 0.15mg (1.52%), Iron: 0.26mg (1.47%)