



Granny's Veggie Spread

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



815 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 carrots finely chopped
- 1 cucumber peeled finely chopped
- 0.3 ounce gelatin powder unflavored
- 1 bell pepper green seeded finely chopped
- 16 ounce mayonnaise
- 1 onion finely chopped
- 1 tomatoes peeled seeded finely chopped
- 2 tablespoons water cold

Equipment

bowl

Directions

Sprinkle the gelatin over the cold water in a bowl; let stand until softened, about 1 minute. Stir in the mayonnaise until smooth. Stir in the cucumber, green bell pepper, tomato, carrot, and onion. Cover and chill in the refrigerator for 1 hour before serving.

Nutrition Facts

PROTEIN 1.97% **FAT 93.69%** **CARBS 4.34%**

Properties

Glycemic Index:46.71, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:14.495652198792%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 814.78kcal (40.74%), Fat: 85.12g (130.95%), Saturated Fat: 13.32g (83.26%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.58g (2.39%), Sugar: 5.09g (5.66%), Cholesterol: 47.63mg (15.88%), Sodium: 739.48mg (32.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin K: 196.99µg (187.61%), Vitamin A: 3042.15IU (60.84%), Vitamin C: 33.47mg (40.57%), Vitamin E: 4.12mg (27.49%), Potassium: 338.85mg (9.68%), Manganese: 0.19mg (9.66%), Vitamin B6: 0.19mg (9.64%), Fiber: 2.29g (9.18%), Copper: 0.17mg (8.48%), Folate: 32.41µg (8.1%), Phosphorus: 66.9mg (6.69%), Vitamin B1: 0.09mg (5.74%), Magnesium: 21.54mg (5.38%), Vitamin B5: 0.51mg (5.1%), Selenium: 3.54µg (5.05%), Vitamin B2: 0.07mg (4.4%), Iron: 0.71mg (3.95%), Calcium: 38.18mg (3.82%), Zinc: 0.48mg (3.17%), Vitamin B3: 0.54mg (2.68%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.23µg (1.51%)