



Greek Potato and Almond Dip

 Dairy Free

READY IN



25 min.

SERVINGS



9

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.5 cup coarse bread crumbs fresh white
- ☐ 9 servings accompaniment: crackers
- ☐ 3 garlic cloves
- ☐ 3 teaspoons juice of lemon fresh divided
- ☐ 0.7 cup olive oil warmed extra-virgin
- ☐ 0.8 pound russet potatoes peeled cut into 1-inch pieces (baking)
- ☐ 0.5 cup water

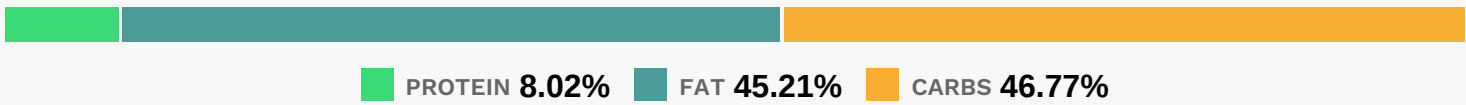
Equipment

- ☐ food processor
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Cover potatoes with water in a small pot and season well with salt, then simmer until tender, about 15 minutes.
- ☐ While potatoes cook, toast almonds and bread crumbs separately in oven until pale golden, 8 to 10 minutes, then cool.
- ☐ With motor running, drop garlic into a food processor and chop.
- ☐ Add nuts and bread crumbs and finely grind. Pulse in water, 3/4 teaspoon salt, and 1 tablespoon lemon juice.
- ☐ Drain potatoes and coarsely mash with fork, then add to processor with oil and pulse to combine.
- ☐ Add lemon juice to taste and thin with a little water if desired.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:5.51, Inflammation Score:-2, Nutrition Score:6.59217391236%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg

0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.02kcal (9.6%), Fat: 9.82g (15.11%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 21.07g (7.66%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 187.89mg (8.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Manganese: 0.33mg (16.73%), Vitamin E: 2.34mg (15.6%), Vitamin B1: 0.17mg (11.51%), Vitamin K: 11.02µg (10.5%), Phosphorus: 100.62mg (10.06%), Vitamin B3: 1.76mg (8.82%), Iron: 1.56mg (8.64%), Vitamin B6: 0.17mg (8.37%), Vitamin B2: 0.14mg (8.16%), Fiber: 1.79g (7.18%), Magnesium: 28.6mg (7.15%), Potassium: 231.65mg (6.62%), Copper: 0.13mg (6.6%), Folate: 25.84µg (6.46%), Calcium: 56.62mg (5.66%), Selenium: 2.75µg (3.93%), Vitamin C: 3.11mg (3.77%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.24mg (2.38%)