



Green Dip With Spooky Chips

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings basil fresh shredded
- ☐ 3 oz basil fresh (3 cups)
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup parmesan cheese grated
- ☐ 3 tablespoons pinenuts
- ☐ 10 servings fries
- ☐ 0.3 teaspoon salt

- ☐ 16 oz cream sour
- ☐ 1 teaspoon sugar

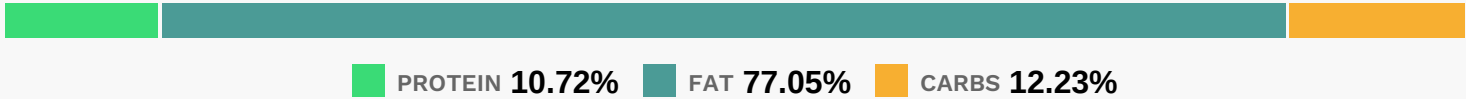
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat pine nuts in a small nonstick skillet over medium-low heat, stirring often, 3 to 5 minutes or until toasted. Cool 15 minutes.
- ☐ Process pine nuts, basil, and next 6 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Transfer to a serving bowl. Cover and chill 1 hour. Store in refrigerator up to 2 days.
- ☐ Garnish, if desired.
- ☐ Serve with Spooky Chips.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:7.1973913648854%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 149.24kcal (7.46%), Fat: 13.18g (20.27%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.37g (1.59%), Sugar: 2.17g (2.41%), Cholesterol: 33.29mg (11.1%), Sodium: 208.91mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin K: 46.03µg (43.83%), Manganese: 0.4mg (20.19%), Vitamin A: 902.67IU (18.05%), Calcium: 132.04mg (13.2%), Phosphorus: 106.62mg (10.66%), Vitamin B2:

0.12mg (6.94%), Selenium: 4.41µg (6.3%), Magnesium: 21.85mg (5.46%), Zinc: 0.76mg (5.08%), Copper: 0.09mg (4.65%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.58mg (3.86%), Potassium: 128.01mg (3.66%), Vitamin B12: 0.2µg (3.28%), Iron: 0.59mg (3.25%), Folate: 12.16µg (3.04%), Vitamin B6: 0.05mg (2.53%), Vitamin B5: 0.22mg (2.19%), Vitamin B1: 0.03mg (1.84%), Vitamin B3: 0.3mg (1.51%), Fiber: 0.34g (1.36%)