



Green Goddess Dip

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.5 cup parsley fresh loosely packed
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.8 cup mayonnaise

- ☐ 15 servings salt and pepper freshly ground to taste
- ☐ 0.8 cup cream sour
- ☐ 2 teaspoons citrus champagne vinegar

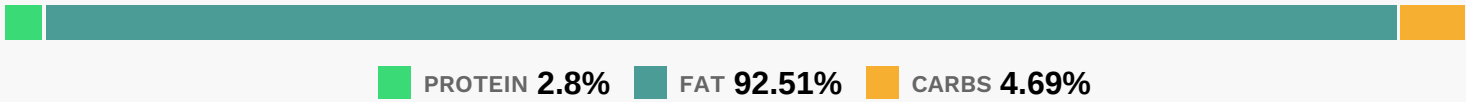
Equipment

- ☐ food processor

Directions

- ☐ Process first 9 ingredients in a food processor until smooth, stopping to scrape down sides if needed. Stir in chives; season with salt and pepper to taste. Cover and chill 2 to 24 hours.
- ☐ Serve with assorted vegetables.
- ☐ Pair with: Brndlmayer, Grner Veltliner 2009 or Chilean Sauvignon Blanc.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.809130412081%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 103.14kcal (5.16%), Fat: 10.71g (16.47%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.52g (0.58%), Cholesterol: 11.83mg (3.94%), Sodium: 284.73mg (12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin K: 53.18µg (50.64%), Vitamin A: 306.02IU (6.12%), Vitamin C: 4.2mg (5.09%), Vitamin E: 0.44mg (2.96%), Manganese: 0.05mg (2.69%), Calcium: 23.45mg (2.35%), Iron: 0.35mg (1.96%), Vitamin B2: 0.03mg (1.93%), Folate: 6.78µg (1.7%), Phosphorus: 16mg (1.6%), Selenium: 1.05µg (1.49%), Potassium: 49.74mg (1.42%), Vitamin B6: 0.03mg (1.32%), Magnesium: 4.74mg (1.19%)