



Green Goddess Dip with Crudités

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chives snipped
- ☐ 1 cup crème fraîche sour
- ☐ 0.5 cup flat parsley packed ()
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 1 cup mayonnaise
- ☐ 3 oil-packed anchovies
- ☐ 20 servings pepper freshly ground

- ☐ 20 servings savory vegetable black such as sliced radishes, celery, cucumbers and steamed asparagus, for dipping assorted
- ☐ 20 servings salt
- ☐ 1 tablespoon tarragon

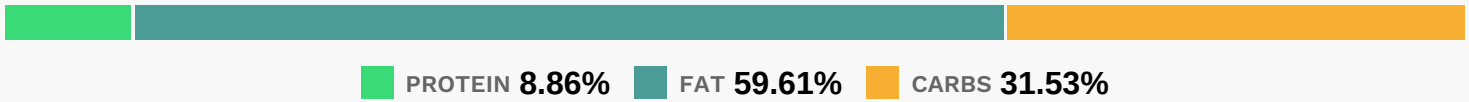
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine the crme frache and mayonnaise with the parsley, chives, tarragon, lemon juice, lime juice and anchovies and puree until smooth. Season the dip with salt and pepper; serve with the vegetables.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:11.470869475085%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.7kcal (8.03%), Fat: 11.19g (17.21%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 9.55g (3.47%), Sugar: 0.51g (0.56%), Cholesterol: 12mg (4%), Sodium: 334.37mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin A: 4855.23IU (97.1%), Vitamin K: 43.91µg (41.82%), Vitamin C: 12.43mg (15.06%), Fiber: 3.75g (15.01%), Manganese: 0.27mg (13.48%), Folate: 31.51µg (7.88%), Vitamin B1: 0.12mg (7.85%), Phosphorus: 68.76mg (6.88%), Potassium: 235.59mg (6.73%), Vitamin B3: 1.33mg (6.63%), Magnesium: 25.89mg (6.47%), Iron: 1.15mg (6.37%), Vitamin B2: 0.11mg (6.35%), Vitamin B6: 0.11mg (5.27%), Copper: 0.1mg (4.89%), Calcium: 43.7mg (4.37%), Zinc: 0.51mg (3.42%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.22mg

(2.22%), Selenium: 1.48µg (2.12%)