



Green Goddess Dip with Crudités

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet anchovy dry tinned rinsed chopped
- ☐ 1 avocado pitted ripe peeled cut into large pieces
- ☐ 8 servings cherry tomatoes assorted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 small clove garlic roughly chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise reduced-fat

- ☐ 8 servings salt and pepper
- ☐ 2 spring onion light white green sliced
- ☐ 0.5 cup cream sour

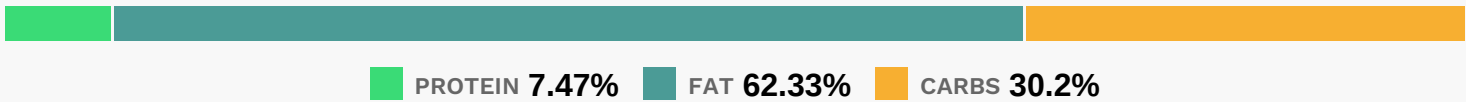
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine avocado, lemon juice, parsley, basil, scallions, garlic and anchovies, if desired, in a food processor. Process, stopping and scraping down sides of bowl as needed, until smooth, with some green flecks remaining.
- ☐ Add mayonnaise and sour cream. Pulse to blend. Season with salt and pepper.
- ☐ Transfer dip to a bowl, cover and chill for at least 2 hours. Taste and season with salt and pepper.
- ☐ Serve with assorted crudits for dipping.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:10.529565152915%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 132.75kcal (6.64%), Fat: 9.83g (15.12%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 7.86g (2.86%), Sugar: 5.02g (5.58%), Cholesterol: 11.32mg (3.77%), Sodium: 334.27mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 39.94mg (48.41%), Vitamin K: 41.85µg (39.85%), Vitamin A: 1001.04IU (20.02%), Potassium: 491.34mg (14.04%), Vitamin E: 1.75mg (11.66%), Fiber: 2.86g (11.43%), Folate: 45.65µg (11.41%), Manganese: 0.21mg (10.68%), Vitamin B6: 0.2mg (9.95%), Copper: 0.17mg (8.69%), Iron: 1.34mg (7.44%), Phosphorus: 72.11mg (7.21%), Vitamin B3: 1.42mg (7.09%), Vitamin B5: 0.62mg (6.17%), Magnesium: 24.48mg (6.12%), Vitamin B2: 0.1mg (5.69%), Vitamin B1: 0.08mg (5.27%), Calcium: 41.57mg (4.16%), Zinc: 0.48mg (3.17%), Selenium: 2.18µg (3.11%)