



HEALTH SCORE

51%

## Green Herb Dip



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 stalks celery raw for dipping
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 4 servings bell pepper
- ☐ 1 tablespoon nonfat yogurt plain
- ☐ 6 ounces reduced fat goat cheese fresh

☐ 4 servings salt

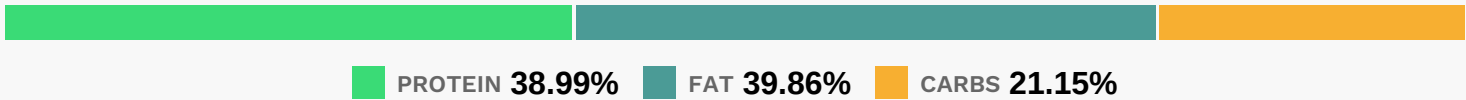
## Equipment

☐ food processor

## Directions

- ☐ Put the cheese, yogurt, and oil into a food processor and blend until smooth. Stir in the herbs, season with salt and pepper, and chill in the refrigerator for at least 1 hour.
- ☐ Serve chilled with vegetables for dipping.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:17.15695658067%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 116.42kcal (5.82%), Fat: 5.27g (8.1%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.78g (4.2%), Cholesterol: 9.03mg (3.01%), Sodium: 463.93mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Vitamin C: 103.7mg (125.69%), Vitamin K: 87.12µg (82.97%), Vitamin A: 2904.5IU (58.09%), Phosphorus: 237.18mg (23.72%), Calcium: 202.91mg (20.29%), Vitamin B6: 0.25mg (12.34%), Folate: 47.73µg (11.93%), Vitamin B2: 0.18mg (10.53%), Vitamin E: 1.53mg (10.19%), Selenium: 6.43µg (9.18%), Fiber: 1.88g (7.53%), Zinc: 1.08mg (7.22%), Potassium: 232.68mg (6.65%), Manganese: 0.11mg (5.66%), Iron: 1.01mg (5.59%), Magnesium: 20.9mg (5.22%), Vitamin B3: 0.85mg (4.22%), Vitamin B12: 0.24µg (3.98%), Vitamin B5: 0.37mg (3.71%), Vitamin B1: 0.05mg (3.52%), Copper: 0.04mg (1.79%)