



Halloween dips & bites

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 320 g tortillas soft
- ☐ 3 tbsp vegetable oil
- ☐ 50 g sesame seed black
- ☐ 0.5 baby squash diced peeled deseeded
- ☐ 1 tbsp vegetable oil
- ☐ 0.5 tsp ground cumin
- ☐ 3 tbsp mascarpone cheese
- ☐ 2 avocado peeled

- ☐ 2 spring onion chopped
- ☐ 1 tomatoes chopped
- ☐ 1 juice of lime
- ☐ 1 handful cilantro leaves chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ mortar and pestle

Directions

- ☐ For the creepy bites, heat oven to 180C/160C fan/gas
- ☐ Use biscuit cutters to stamp out shapes from the tortillas (we used a ghost, cat and witches hat).
- ☐ Brush all over with oil. Take half the bites and dip one side into the seeds, then spread the bites out on a baking sheet.
- ☐ Bake for 10-15 mins until crisp. Can be made up to 2 days ahead and stored in an airtight container.
- ☐ For the hellfire spread, heat oven to 200C/180C fan/gas
- ☐ Toss together the butternut squash and oil, then season.
- ☐ Place on a shallow baking tray and roast for 20-30 mins until browned. Leave to cool. Whizz the squash together with the cumin and mascarpone, season and serve. Can be made up to 2 days ahead and stored in the fridge.
- ☐ For the slime sludge, place all the ingredients in a blender or mortar. Whizz or mash everything together until smooth.
- ☐ Serve immediately or the avocado will discolour.

Nutrition Facts



 **PROTEIN 7.54%**  **FAT 56.68%**  **CARBS 35.78%**

Properties

Glycemic Index:18.2, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:13.479565195415%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 274.86kcal (13.74%), Fat: 18.08g (27.82%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 19.27g (7.01%), Sugar: 2.96g (3.29%), Cholesterol: 4.5mg (1.5%), Sodium: 207.79mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.83%), Vitamin A: 4264.54IU (85.29%), Fiber: 6.41g (25.63%), Vitamin K: 26.06µg (24.82%), Vitamin C: 15.05mg (18.24%), Copper: 0.32mg (15.97%), Manganese: 0.28mg (13.96%), Calcium: 139.34mg (13.93%), Folate: 51.48µg (12.87%), Vitamin E: 1.93mg (12.86%), Iron: 2.13mg (11.81%), Potassium: 393.53mg (11.24%), Magnesium: 44.5mg (11.13%), Vitamin B6: 0.21mg (10.7%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.47mg (7.37%), Vitamin B5: 0.73mg (7.3%), Phosphorus: 69.68mg (6.97%), Zinc: 0.74mg (4.94%), Vitamin B2: 0.08mg (4.58%), Selenium: 2.09µg (2.99%)