



Herbed Dip with Baby Vegetables

 Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus fresh thin
- 1 tablespoon optional: dill fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.5 pound haricots verts trimmed (tiny green beans)
- 1 teaspoon hot sauce
- 1 cup mayonnaise
- 0.5 teaspoon salt
- 1 teaspoon penzey's southwest seasoning

- 0.5 cup cream sour
- 1 tablespoon onion sweet finely chopped

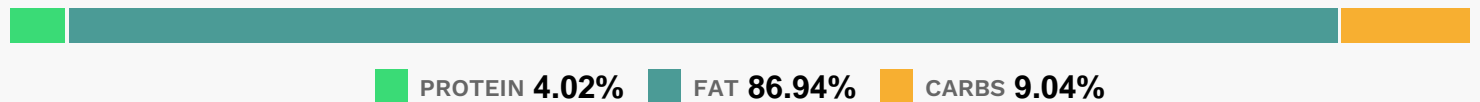
Equipment

- bowl
- sauce pan
- ziploc bags

Directions

- Stir together first 8 ingredients in a small bowl until well blended. Cover and chill 4 to 24 hours.
- Meanwhile, snap off and discard tough ends of asparagus.
- Cut asparagus into 6-inch pieces, reserving any remaining end portions for another use. Cook asparagus in boiling water to cover in a large saucepan 1 to 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain. Repeat procedure with haricots verts.
- Place vegetables in zip-top plastic bags; seal and chill until ready to serve.
- Serve mayonnaise mixture with chilled vegetables.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:5.633913051175%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 128.78kcal (6.44%), Fat: 12.75g (19.61%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.46g (1.63%), Cholesterol: 10.8mg (3.6%), Sodium: 183.73mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin K: 54.34µg (51.75%), Vitamin A: 443.42IU (8.87%), Vitamin E: 0.99mg (6.58%), Folate: 23.72µg (5.93%), Iron: 1mg (5.55%), Vitamin C: 4.58mg (5.55%), Manganese: 0.1mg (5.04%), Fiber: 1.21g (4.83%), Vitamin B2: 0.08mg (4.52%), Vitamin B1: 0.06mg (4.01%), Copper: 0.08mg (3.76%), Potassium: 114.04mg (3.26%), Phosphorus: 31.46mg (3.15%), Vitamin B6: 0.06mg (2.92%), Calcium: 28.03mg (2.8%), Magnesium: 10.17mg (2.54%), Vitamin B3: 0.44mg (2.19%), Selenium: 1.43µg (2.05%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.75%)