



WHATSheATE



Herby feta & lemon dip with crudité's



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g feta cheese drained cut into chunks
- ☐ 1 juice of lemon
- ☐ 75 ml olive oil extra virgin extra-virgin
- ☐ 20 g optional: dill roughly chopped
- ☐ 20 g mint leaves finely chopped
- ☐ 6 servings romaine leaves

Equipment

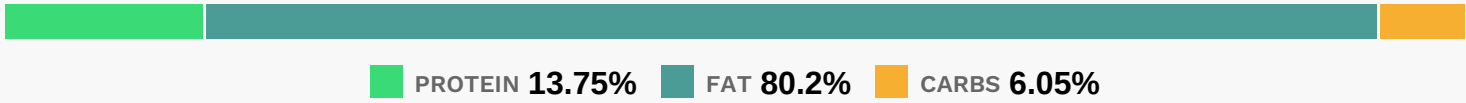
- ☐ food processor

☐ blender

Directions

- ☐ Place the feta in a food processor or blender.
- ☐ Add the lemon juice and half of the olive oil. Pure until smooth, then add the remaining olive oil. Stir in the dill and mint.
- ☐ Pour into a small container with a fitted lid and refrigerate until needed. Pack the veg in a low-level container and serve them from it.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:12.990434890208%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 286.02kcal (14.3%), Fat: 25.83g (39.73%), Saturated Fat: 10.45g (65.34%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.37g (0.41%), Cholesterol: 59.33mg (19.78%), Sodium: 770.06mg (33.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.96g (19.93%), Vitamin A: 2457.46IU (49.15%), Vitamin B2: 0.61mg (35.66%), Calcium: 352.75mg (35.28%), Phosphorus: 236.66mg (23.67%), Vitamin B12: 1.13µg (18.78%), Vitamin B6: 0.32mg (15.97%), Selenium: 10.15µg (14.5%), Zinc: 2.04mg (13.59%), Vitamin C: 10.15mg (12.3%), Vitamin E: 1.84mg (12.29%), Folate: 40.25µg (10.06%), Vitamin B1: 0.13mg (8.84%), Manganese: 0.17mg (8.63%), Vitamin K: 8.07µg (7.69%), Vitamin B5: 0.68mg (6.76%), Iron: 1.11mg (6.15%), Magnesium: 20.59mg (5.15%), Vitamin B3: 0.87mg (4.35%), Potassium: 136.72mg (3.91%), Fiber: 0.59g (2.37%), Copper: 0.04mg (1.9%), Vitamin D: 0.27µg (1.78%)