



Homemade Green Goddess Dip

 Gluten Free

READY IN



7 min.

SERVINGS



12

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon anchovy fillets canned chopped
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon tarragon fresh chopped
- 0.3 teaspoon garlic minced
- 2 teaspoons juice of lemon fresh
- 1 cup mayonnaise light
- 0.5 cup yogurt plain low-fat

- 0.5 teaspoon salt
- 0.3 teaspoon pepper white
- 1 tablespoon citrus champagne vinegar

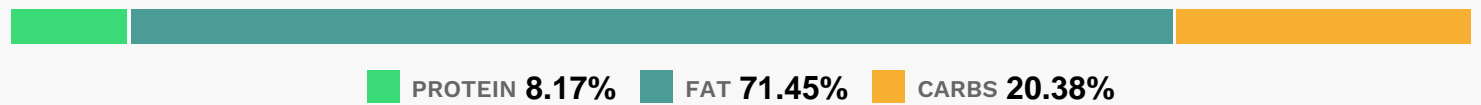
Equipment

- food processor
- bowl
- blender

Directions

- Combine all ingredients in a blender or food processor; process 1 to 2 minutes or until smooth and herbs are finely chopped. Spoon dip into a serving bowl.
- Serve chilled with assorted fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.1021739127843%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 56.21kcal (2.81%), Fat: 4.48g (6.89%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.41g (1.57%), Cholesterol: 4.73mg (1.58%), Sodium: 308.02mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin K: 16.21µg (15.43%), Vitamin E: 0.46mg (3.07%), Calcium: 30.64mg (3.06%), Manganese: 0.05mg (2.74%), Selenium: 1.77µg (2.53%), Phosphorus: 23.36mg (2.34%), Vitamin B2: 0.04mg (2.08%), Iron: 0.32mg (1.8%), Vitamin B3: 0.34mg (1.69%), Potassium: 58.78mg (1.68%), Vitamin A: 82.32IU (1.65%), Vitamin C: 1.32mg (1.6%), Magnesium: 5.48mg (1.37%), Vitamin B6: 0.02mg

(1.2%), Vitamin B12: 0.07µg (1.15%), Folate: 4.58µg (1.15%), Zinc: 0.17mg (1.11%)