



Olive-Parsley Dip with Crudités

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium head broccoli cut into bite-size florets
- 3 medium carrots cut into sticks
- 1 medium head cauliflower cut into bite-size florets
- 4 celery stalks cut into sticks
- 1 teaspoon dijon mustard
- 1 pound fingerling potatoes cut in half lengthwise
- 2 medium garlic clove minced
- 1 teaspoon kosher salt

- 5 teaspoons juice of lemon freshly squeezed
- 1 cup olives mixed such as cerignola, kalamata, and lucques coarsely chopped
- 0.3 cup parsley fresh italian finely chopped
- 1 bunch radishes ends trimmed cut in half
- 1 cup cream sour

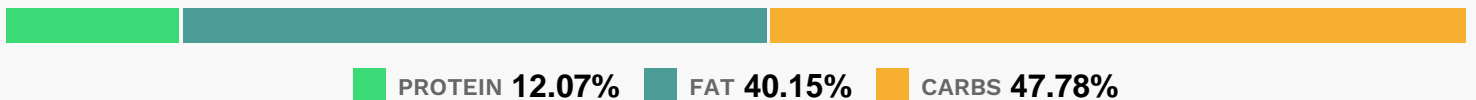
Equipment

- bowl
- baking sheet
- sauce pan
- knife
- slotted spoon
- skimmer

Directions

- For the crudités: Bring a large saucepan of heavily salted water to a boil over high heat.
- Add potatoes and cook until tender when pierced with a knife, about 8 minutes.
- Remove potatoes with a bamboo skimmer or slotted spoon and place in a single layer on a baking sheet; let water return to a boil.
- Add cauliflower to the boiling water and cook until just tender, about 2 minutes.
- Remove to the baking sheet with the potatoes and let water return to a boil.
- Add broccoli and cook until just tender, about 2 minutes.
- Combine all ingredients in a medium bowl and mix until incorporated, then taste and season with freshly ground pepper as needed.
- Transfer to a serving bowl and serve with raw and blanched vegetables.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:20.366956319498%

Flavonoids

Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 145.9kcal (7.3%), Fat: 7.04g (10.84%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 13.98g (5.08%), Sugar: 4.41g (4.9%), Cholesterol: 13.57mg (4.52%), Sodium: 512.64mg (22.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin C: 96.11mg (116.5%), Vitamin K: 99.89µg (95.13%), Vitamin A: 3767.69IU (75.35%), Folate: 88.26µg (22.06%), Vitamin B6: 0.4mg (19.99%), Fiber: 4.88g (19.53%), Potassium: 677.89mg (19.37%), Manganese: 0.34mg (16.77%), Phosphorus: 119.62mg (11.96%), Vitamin B2: 0.18mg (10.36%), Vitamin B5: 1.02mg (10.23%), Magnesium: 39.78mg (9.94%), Calcium: 88.61mg (8.86%), Vitamin B1: 0.13mg (8.85%), Vitamin E: 1.27mg (8.46%), Iron: 1.31mg (7.29%), Vitamin B3: 1.44mg (7.19%), Copper: 0.14mg (6.89%), Selenium: 3.29µg (4.7%), Zinc: 0.71mg (4.7%)