



Preserved Lemon Dip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons anchovy minced
- ☐ 2 tablespoons pickled cucumbers / gherkins minced
- ☐ 6 garlic clove minced
- ☐ 2 tablespoons harissa
- ☐ 0.3 cup simple preserved lemons minced rinsed
- ☐ 1 cup olive oil
- ☐ 3 tablespoons parsley fresh italian minced
- ☐ 6 tablespoons red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 1.3 cups vegetable oil

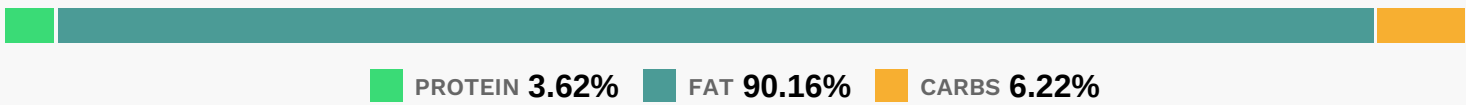
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 8 ingredients in large bowl. Gradually whisk in both oils. Chill at least 2 hours or up to 2 weeks. Rewhisk before serving.
- ☐ Harissa paste, a spicy North African red chili paste, is sold at some supermarkets and Middle Eastern markets. If unavailable, substitute hot Thai-style chili sauce, such as Sriracha. Jars of preserves (brine-cured) lemons can be found at many specialty foods stores. If unavailable, substitute a mixture of 1/4 cup grated lemon peel, 1 1/2 teaspoons sugar, and 3/4 teaspoon salt (let stand at room temperature for an hour before using).

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.8626087048779%

Flavonoids

Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.87kcal (4.99%), Fat: 9.96g (15.33%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.65g (0.72%), Cholesterol: 1.77mg (0.59%), Sodium: 313.33mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 33.88µg (32.27%), Vitamin E: 1.16mg (7.7%), Vitamin C: 2.71mg (3.29%), Vitamin A: 128.78IU (2.58%), Vitamin B3: 0.49mg (2.46%), Manganese: 0.04mg (1.96%), Selenium: 1.37µg (1.96%), Fiber: 0.46g (1.85%), Iron: 0.3mg (1.69%), Vitamin B6: 0.03mg (1.63%), Potassium: 40.57mg (1.16%), Phosphorus: 11.29mg (1.13%), Calcium: 10.59mg (1.06%), Copper: 0.02mg (1.05%)