



Roasted Shallot Dip



Gluten Free

READY IN



335 min.

SERVINGS



20

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup chives fresh thinly sliced
- ☐ 3 garlic cloves unpeeled
- ☐ 1 Dash hot sauce
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 20 servings lemon zest fresh crumbled cooked chopped
- ☐ 8 oz mascarpone cheese

- ☐ 1.5 pounds shallots ends trimmed unpeeled
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons grain dijon mustard whole

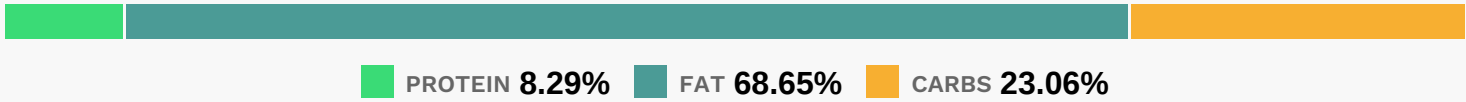
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Cut shallots in half. Toss together shallots and next 2 ingredients in a jelly-roll pan; sprinkle with desired amount of salt and pepper.
- ☐ Bake 45 to 50 minutes or until shallots are light brown and skins are charred, stirring twice. Cool completely in pan on a wire rack (about 30 minutes).
- ☐ Remove and discard papery skins from shallots and garlic, and coarsely chop shallots and garlic.
- ☐ Stir together sour cream and next 7 ingredients; fold in shallot mixture.
- ☐ Add salt and pepper to taste. Cover and chill 4 to 48 hours. Stir before serving.
- ☐ Add salt and pepper to taste just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:1.44, Inflammation Score:-3, Nutrition Score:2.6691304017668%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg
Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg,
Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 115.03kcal (5.75%), Fat: 8.94g (13.75%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 6.76g (2.25%), Net
Carbohydrates: 5.6g (2.04%), Sugar: 3.11g (3.45%), Cholesterol: 19.46mg (6.49%), Sodium: 136.79mg (5.95%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin B6: 0.13mg (6.47%), Manganese: 0.12mg
(5.97%), Vitamin A: 260.51IU (5.21%), Fiber: 1.15g (4.6%), Vitamin C: 3.65mg (4.42%), Vitamin K: 4.46µg (4.25%),
Calcium: 41.98mg (4.2%), Potassium: 133.79mg (3.82%), Folate: 13.15µg (3.29%), Phosphorus: 30.78mg (3.08%),
Iron: 0.45mg (2.49%), Magnesium: 9.04mg (2.26%), Copper: 0.04mg (1.78%), Vitamin B1: 0.03mg (1.69%), Vitamin
B2: 0.03mg (1.63%), Selenium: 1.07µg (1.53%), Vitamin B5: 0.14mg (1.45%), Zinc: 0.19mg (1.25%), Vitamin E: 0.17mg
(1.15%)