



Sesame-Feta Veggie Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cottage cheese reduced-fat
- ☐ 0.3 cup feta cheese crumbled reduced-fat
- ☐ 2 tablespoons tahini (from 1-lb jar)
- ☐ 1 tablespoon parsley fresh italian coarsely chopped (flat-leaf)
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 cups cauliflower florets fresh
- ☐ 2 cups broccoli florets fresh
- ☐ 0.5 lb asparagus fresh trimmed

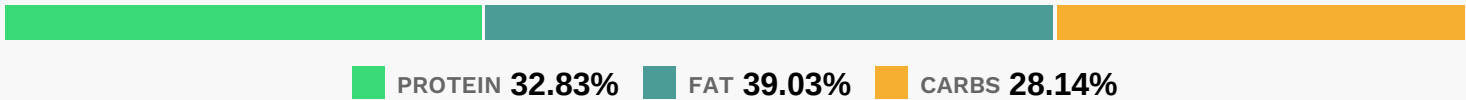
Equipment

- ☐ bowl
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In blender, place dip ingredients. Cover; blend on high speed until smooth. Spoon into small bowl. Cover; refrigerate at least 15 minutes to blend flavors.
- ☐ Meanwhile, in 4-quart Dutch oven, heat 2 quarts water to boiling.
- ☐ Add vegetables; cook about 2 minutes or until crisp-tender.
- ☐ Drain; rinse with cold water. Pat dry.
- ☐ Serve dip with vegetables.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:7.8530435604246%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 59.84kcal (2.99%), Fat: 2.78g (4.28%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.01g (1.09%), Sugar: 1.74g (1.93%), Cholesterol: 4.24mg (1.41%), Sodium: 206.38mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Vitamin K: 37.75µg (35.95%), Vitamin C: 27.8mg (33.7%), Folate: 42.12µg (10.53%), Phosphorus: 99.46mg (9.95%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.11mg (7.59%), Vitamin A: 345.64IU (6.91%), Selenium: 4.73µg (6.75%), Vitamin B6: 0.13mg (6.27%), Fiber: 1.5g (6.01%), Copper: 0.12mg (5.8%), Potassium: 200.88mg (5.74%), Calcium: 55.49mg (5.55%), Manganese: 0.11mg (5.38%),

Iron: 0.92mg (5.09%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.39mg (3.86%), Magnesium: 14.89mg (3.72%), Vitamin B12: 0.21µg (3.43%), Vitamin B3: 0.68mg (3.4%), Vitamin E: 0.43mg (2.84%)