



Skordalia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons chives fresh chopped
- ☐ 10 garlic cloves peeled
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 pound potatoes red peeled cut into 1-inch pieces

Equipment

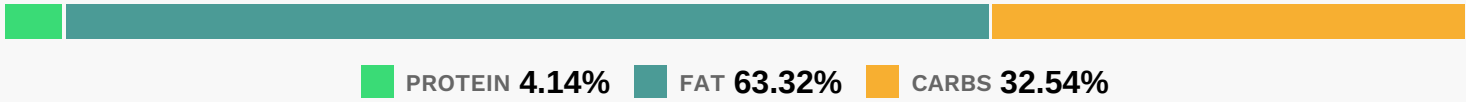
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 14 minutes.
- ☐ Add garlic to pan; cook 1 minute.
- ☐ Drain potato mixture in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Place potato mixture and reserved liquid in a food processor; add oil, juice, and salt. Pulse until smooth. Cover and chill overnight.
- ☐ Sprinkle with chives before serving.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.2395652299342%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 41.94kcal (2.1%), Fat: 3.04g (4.67%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 76.36mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin C: 2.6mg (3.15%), Vitamin E: 0.44mg (2.91%), Potassium: 92.83mg (2.65%), Vitamin K: 2.73µg (2.6%), Manganese: 0.05mg (2.43%), Vitamin B6: 0.05mg (2.42%), Copper: 0.03mg (1.48%), Fiber: 0.36g (1.42%), Phosphorus: 13.64mg (1.36%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.62mg (1.15%), Vitamin B3: 0.23mg (1.14%)