



Snake-in-the-Lake Dip and Crudités



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large baking potato peeled cut into 1/2-inch dice
- ☐ 1 small garlic head
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon red wine vinegar
- ☐ 5 slices bread white thick
- ☐ 1 cup almonds whole toasted chopped

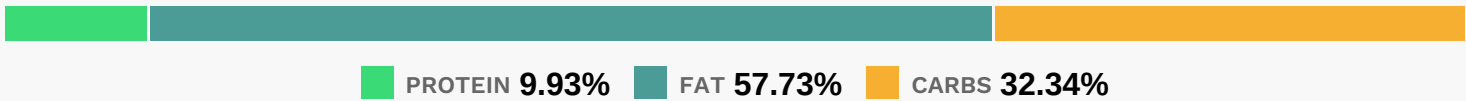
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Arrange rubber or plastic snakes upside down in a sheet pan and fill the pan with water. Freeze for 4 hours.
- ☐ Preheat oven to 350F. Lightly toast bread on baking sheet.
- ☐ Cook potato in a small saucepan of simmering salted water until tender, about 10 minutes.
- ☐ Drain and let cool.
- ☐ Place almonds in food processor. Squeeze garlic head from bottom to release garlic from skins into food processor. Process until smooth, about 20 seconds.
- ☐ Put cooked potato in processor. Soak bread in bowl of water. Squeeze out half of water.
- ☐ Combine bread, oil, lemon juice, vinegar and salt in processor. Process until smooth.
- ☐ Transfer to a bowl and refrigerate for 2 hours or up to two days. Bring to room temperature before serving.
- ☐ Remove pan from freezer and let thaw for 5 minutes. Turn block of ice out onto large, high-sided tray. The block will last for 5 to 6 hours. Wash and prep vegetables. Arrange vegetables on ice.
- ☐ Serve with dip.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:9.9826087445507%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 244.15kcal (12.21%), Fat: 16.29g (25.06%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 17.31g (6.29%), Sugar: 2.09g (2.33%), Cholesterol: 0mg (0%), Sodium: 658.71mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin E: 5.6mg (37.32%), Manganese: 0.58mg (29.12%), Magnesium: 63.68mg (15.92%), Vitamin B2: 0.26mg (15.18%), Phosphorus: 130.24mg (13.02%), Fiber: 3.22g (12.9%), Copper: 0.25mg (12.69%), Vitamin B1: 0.16mg (10.42%), Vitamin B6: 0.21mg (10.31%), Potassium: 351.43mg (10.04%), Vitamin B3: 1.88mg (9.39%), Iron: 1.64mg (9.13%), Calcium: 88.65mg (8.86%), Folate: 33.2µg (8.3%), Vitamin C: 5.7mg (6.91%), Selenium: 4.6µg (6.58%), Zinc: 0.84mg (5.59%), Vitamin K: 4.93µg (4.7%), Vitamin B5: 0.32mg (3.19%)