



Sun-Dried Tomato Dip

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



2

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 sun-dried olives (not oil-packed)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

- ☐ 1 garlic clove finely chopped
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.8 cup cream sour

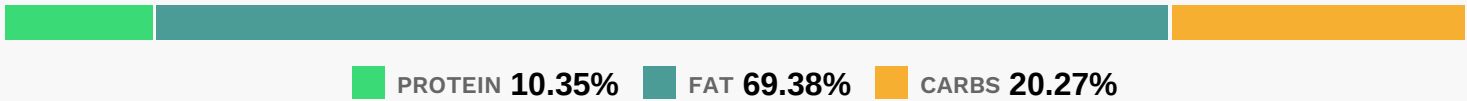
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place tomato halves in 1 inch water in 1 1/2-quart saucepan.
- ☐ Heat to boiling; reduce heat to medium. Simmer uncovered about 5 minutes or until water has evaporated.
- ☐ Place tomatoes and remaining ingredients except yogurt and sour cream in blender or food processor. Cover and blend on medium-high speed until smooth.
- ☐ Place tomato mixture in medium glass or plastic bowl. Stir in yogurt and sour cream. Cover and refrigerate about 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:15.903043394503%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 317.62kcal (15.88%), Fat: 25.3g (38.92%), Saturated Fat: 10.72g (67.02%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.19g (5.52%), Sugar: 12.65g (14.06%), Cholesterol: 56.4mg (18.8%), Sodium: 685.83mg (29.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Vitamin K: 144.46µg (137.58%), Calcium: 281.51mg (28.15%), Vitamin A: 1354.38IU (27.09%), Phosphorus: 235.24mg (23.52%), Vitamin B2: 0.39mg (23.12%), Vitamin C: 17.91mg (21.71%), Potassium: 662.09mg (18.92%), Manganese: 0.27mg (13.53%), Vitamin B12: 0.7µg (11.59%), Magnesium: 45.79mg (11.45%), Vitamin B5: 1.06mg (10.57%), Selenium: 6.93µg (9.9%), Zinc: 1.38mg (9.19%), Folate: 34.83µg (8.71%), Copper: 0.17mg (8.36%), Iron: 1.45mg (8.03%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.14mg (6.91%), Vitamin E: 0.99mg (6.57%), Fiber: 1.44g (5.77%), Vitamin B3: 1.04mg (5.19%)