



WHATShEATe



Tarragon Vegetable Dip



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 2 teaspoons honey
- ☐ 10 servings savory vegetable fresh assorted
- ☐ 0.5 cup salad dressing
- ☐ 1 Dash salt
- ☐ 0.5 cup cream sour
- ☐ 1 sprig tarragon
- ☐ 0.5 teaspoon tarragon dried

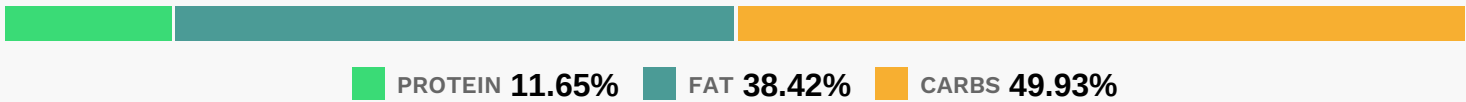
Equipment

☐ bowl

Directions

- ☐ In small bowl, mix all ingredients except tarragon sprig and vegetables until well blended.
- ☐ Cover and refrigerate 30 minutes.
- ☐ Garnish with tarragon sprig.
- ☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:26.93, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:9.761304260596%

Nutrients (% of daily need)

Calories: 118.15kcal (5.91%), Fat: 5.42g (8.33%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 11.9g (4.33%), Sugar: 2.9g (3.22%), Cholesterol: 6.78mg (2.26%), Sodium: 235.61mg (10.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin A: 4713.88IU (94.28%), Fiber: 3.93g (15.73%), Manganese: 0.28mg (13.9%), Vitamin C: 9.8mg (11.87%), Vitamin B1: 0.13mg (8.55%), Phosphorus: 71.91mg (7.19%), Folate: 28.37µg (7.09%), Magnesium: 27.63mg (6.91%), Potassium: 236.29mg (6.75%), Vitamin K: 6.85µg (6.52%), Vitamin B2: 0.11mg (6.2%), Vitamin B3: 1.23mg (6.14%), Iron: 1.1mg (6.14%), Vitamin B6: 0.11mg (5.57%), Copper: 0.1mg (4.8%), Selenium: 3.17µg (4.52%), Calcium: 43.32mg (4.33%), Zinc: 0.51mg (3.4%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.07%)