



Vegetable Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon curry powder
- 1 teaspoon garlic crushed
- 1 teaspoon horseradish prepared
- 1 cup mayonnaise
- 1 teaspoon onion grated
- 1 tablespoon tarragon vinegar

Equipment

- bowl

Directions

- In a small bowl, combine mayonnaise, curry powder, garlic, vinegar, onion and horseradish.
- Mix together, cover, and chill overnight to allow the flavors to blend.

Nutrition Facts

■ PROTEIN 0.7% ■ FAT 98.21% ■ CARBS 1.09%

Properties

Glycemic Index:49.25, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:5.2591305148342%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 385.06kcal (19.25%), Fat: 41.97g (64.57%), Saturated Fat: 6.57g (41.03%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.46g (0.51%), Cholesterol: 23.52mg (7.84%), Sodium: 361.34mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 91.81µg (87.44%), Vitamin E: 1.95mg (12.98%), Selenium: 1.54µg (2.2%), Manganese: 0.04mg (2.12%), Iron: 0.29mg (1.59%), Phosphorus: 15.35mg (1.53%), Vitamin B12: 0.07µg (1.12%), Folate: 4.4µg (1.1%), Vitamin B6: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.03%)