



 5%
HEALTH SCORE

Vegetarian Christmas wreath

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- 8 servings broccoli florets
- 8 servings cherry tomatoes
- 2 slices cheese
- 1 bell pepper red
- 250 g cream cheese
- 0.3 cup mayonnaise
- 0.5 Tsp dill dried
- 0.3 Tsp garlic dried

- 0.3 cup olives pitted chopped
- 0.3 cup spring onion minced

Equipment

- bowl
- frying pan
- ramekin
- cookie cutter

Directions

- Wash the broccoli and cut the florets.
- Fill a large pan with water and turn on the gas. When the water boils, add the broccoli florets.
- In the meanwhile prepare a bowl with cold water and ice cubes.
- As soon as it boils again, count 2 minutes and then take the broccoli from the boiling water merging them immediately in the ice cold water.
- It is necessary to maintain the light green color.
- Wash the tomatoes.
- Prepare the dip combining the other ingredients and keep it in the fridge for at least 3 hours.
- Take a big white plate and place a ramekin in the middle of it (you'll put the dip inside it).
- Arrange the broccoli florets around forming the wreath.
- Add the tomatoes.
- Cut the cheese with star shaped cookie cutters and add to the wreath.
- Cut the red pepper creating pieces to form a ribbon.
- Buon appetito!

Nutrition Facts

 PROTEIN 9.2%  FAT 74.69%  CARBS 16.11%

Properties

Glycemic Index:25.63, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:11.387826086957%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 223.98kcal (11.2%), Fat: 19.23g (29.59%), Saturated Fat: 8.59g (53.72%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.66g (6.29%), Cholesterol: 41.5mg (13.83%), Sodium: 272.06mg (11.83%), Protein: 5.33g (10.66%), Vitamin C: 54.3mg (65.81%), Vitamin A: 1741.46IU (34.83%), Vitamin K: 24.66µg (23.48%), Vitamin E: 1.8mg (12.01%), Potassium: 418.85mg (11.97%), Phosphorus: 115mg (11.5%), Calcium: 103.79mg (10.38%), Vitamin B6: 0.19mg (9.54%), Manganese: 0.19mg (9.36%), Vitamin B2: 0.15mg (9.03%), Folate: 33.52µg (8.38%), Selenium: 5.69µg (8.13%), Iron: 1.24mg (6.89%), Copper: 0.13mg (6.59%), Fiber: 1.61g (6.45%), Magnesium: 21.53mg (5.38%), Vitamin B1: 0.08mg (5.02%), Vitamin B3: 1mg (5%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.69mg (4.61%), Vitamin B12: 0.15µg (2.52%)