



Veggies and Breadsticks and Groovy Green Goddess Dip

READY IN



8 min.

SERVINGS



4

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounce anchovies fillets drained canned
- ☐ 0.8 pound baby" carrots
- ☐ 4 servings bell pepper black
- ☐ 1 package bread sticks
- ☐ 1 celery heart cut into 4-inch sticks
- ☐ 12 blades chives fresh chopped
- ☐ 0.5 cup flat-leaf parsley
- ☐ 0.5 juice of lemon juiced

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper red seeded sliced into 1/2-inch strips
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons tarragon leaves chopped
- ☐ 3 tablespoons tarragon vinegar – eyeball it
- ☐ 1 small a red chopped

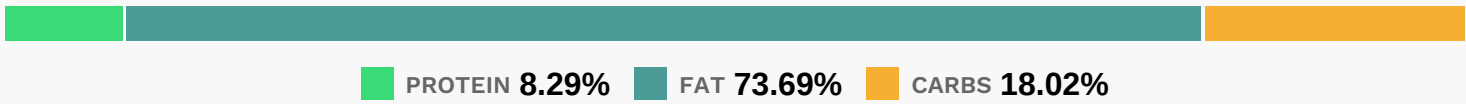
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, combine first 6 ingredients. Turn processor on and stream in evoo.
- ☐ Transfer dip to a bowl and stir in sour cream and black pepper.
- ☐ Serve with veggies and breadsticks for dipping.

Nutrition Facts



Properties

Glycemic Index:94.67, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:24.108260875163%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 370.48kcal (18.52%), Fat: 31.13g (47.9%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 12.79g (4.65%), Sugar: 8.79g (9.77%), Cholesterol: 45.97mg (15.32%), Sodium: 622.97mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin A: 13979.18IU (279.58%), Vitamin K: 155.47µg (148.07%), Vitamin C: 58.07mg (70.39%), Manganese: 0.55mg (27.64%), Vitamin E: 3.85mg (25.7%), Vitamin B3: 4.15mg (20.76%), Iron: 3.43mg (19.05%), Folate: 75.89µg (18.97%), Selenium: 13.08µg (18.69%), Calcium: 185.44mg (18.54%), Potassium: 641.57mg (18.33%), Vitamin B6: 0.37mg (18.31%), Fiber: 4.35g (17.39%), Vitamin B2: 0.28mg (16.24%), Phosphorus: 139.65mg (13.96%), Magnesium: 49.23mg (12.31%), Copper: 0.21mg (10.27%), Vitamin B5: 0.86mg (8.64%), Zinc: 1.05mg (7.03%), Vitamin B1: 0.1mg (6.57%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.24µg (1.61%)