

 100%
HEALTH SCORE

Winter Crudites with Walnut-Garlic Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 garlic clove
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 3 servings bell pepper raw green red assorted (such as carrots, radishes, and and bell peppers)
- ☐ 12 ounce baking potatoes peeled quartered
- ☐ 0.8 cup walnuts toasted

☐ 2 tablespoons water cold

Equipment

☐ bowl

☐ sauce pan

Directions

☐ Cook potato in medium saucepan of boiling salted water until tender, about 15 minutes.

☐ Drain. Cool completely. Blend nuts, * cup oil, lemon juice, garlic and oregano in processor 1/3 until almost smooth.

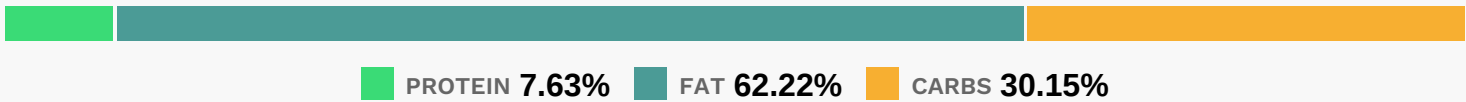
☐ Add potato, 1/3 cup oil and 2 tablespoons water. Using on/off turns, process just until potato is blended and mixture is creamy (do not over-process or mixture will become sticky).

☐ Transfer mixture to medium bowl.

☐ Mix in parsley. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:60.58, Glycemic Load:17.07, Inflammation Score:-10, Nutrition Score:23.760434834853%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 14.41mg, Apigenin: 14.41mg, Apigenin: 14.41mg Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 394.89kcal (19.74%), Fat: 29.07g (44.72%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 26.18g (9.52%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 13.66mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin K: 132.76µg (126.44%), Vitamin C: 75.01mg (90.93%), Manganese: 1.4mg (69.82%), Vitamin B6: 0.75mg (37.73%), Copper: 0.66mg (32.83%), Potassium: 803.97mg (22.97%), Magnesium: 88.56mg (22.14%), Fiber: 5.52g (22.07%), Phosphorus: 188.57mg (18.86%), Iron: 3.18mg (17.68%), Folate: 70.09µg (17.52%), Vitamin B1: 0.25mg (16.52%), Vitamin A: 818.98IU (16.38%), Vitamin E: 2.22mg (14.77%), Vitamin B3: 2mg (9.99%), Zinc: 1.48mg (9.84%), Calcium: 92.63mg (9.26%), Vitamin B2: 0.12mg (7.1%), Vitamin B5: 0.66mg (6.62%), Selenium: 2.42µg (3.46%)