



3-Step Southwestern Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce carton cream sour reduced-fat
- 0.4 ounce ranch dressing mix dry
- 2 tablespoons cilantro leaves fresh chopped

Equipment

- bowl

Directions

Combine all three ingredients in a bowl, stir well, and serve with low-fat pita chips or fresh veggies.

Nutrition Facts

 **PROTEIN 9.77%**  **FAT 66.53%**  **CARBS 23.7%**

Properties

Glycemic Index:2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.88956521402882%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 40.54kcal (2.03%), Fat: 3.01g (4.62%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.06g (0.07%), Cholesterol: 9.92mg (3.31%), Sodium: 76.71mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Calcium: 40.01mg (4%), Phosphorus: 20.15mg (2.02%), Vitamin B2: 0.03mg (2.01%), Vitamin B12: 0.12µg (1.98%), Vitamin A: 96.36IU (1.93%), Potassium: 60.36mg (1.72%), Selenium: 0.88µg (1.26%)