



## 4 creamy dips

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 100 g cheese light soft
- ☐ 50 g bio yogurt fat-free
- ☐ 1 garlic clove crushed
- ☐ 1 handful chives snipped
- ☐ 4 servings little lemon juice
- ☐ 4 servings ground pepper fresh
- ☐ 125 g pack of salmon smoked chopped
- ☐ 3 sprigs optional: dill chopped

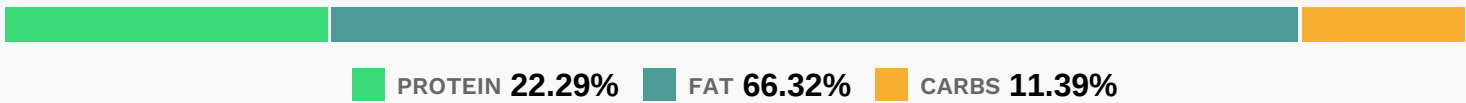
- ☐ 4 servings chilli dipping sauce
- ☐ 4 servings half a cucumber   grated
- ☐ 1 handful mint leaves   chopped

## Equipment

## Directions

- ☐ For the dip base, mix 100g light soft cheese with 50g fat-free bio-yogurt.
- ☐ For garlic & herb, stir in crushed garlic clove, snipped chives, a little lemon juice and fresh ground pepper.
- ☐ For the fish dip, take the chopped smoked salmon and a few sprigs of chopped dill and stir in the base dip.
- ☐ For spice-lovers, stir a little chilli dipping sauce, to taste, through the base mix.
- ☐ Go Greek and stir through grated cucumber, and a handful of chopped mint.

## Nutrition Facts



## Properties

Glycemic Index:45.75, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:7.0169564822446%

## Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 139.6kcal (6.98%), Fat: 10.43g (16.04%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.42g (2.69%), Cholesterol: 34.06mg (11.35%), Sodium: 340mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Vitamin D: 5.36µg (35.71%), Vitamin B12: 1.12µg (18.67%), Selenium: 12.69µg (18.12%), Vitamin A: 475.13IU (9.5%), Phosphorus: 94mg (9.4%), Vitamin C: 7.16mg

(8.68%), Vitamin B3: 1.55mg (7.77%), Vitamin B2: 0.11mg (6.74%), Vitamin B6: 0.12mg (6.24%), Vitamin B5: 0.5mg (4.98%), Calcium: 49.31mg (4.93%), Vitamin E: 0.67mg (4.47%), Copper: 0.09mg (4.46%), Potassium: 137.97mg (3.94%), Magnesium: 12.06mg (3.01%), Vitamin K: 2.96µg (2.82%), Manganese: 0.05mg (2.69%), Folate: 9.34µg (2.34%), Iron: 0.41mg (2.29%), Zinc: 0.33mg (2.22%), Vitamin B1: 0.02mg (1.58%)