



## All-American Summer Dip

 Vegetarian  Gluten Free  Popular

READY IN



65 min.

SERVINGS



16

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

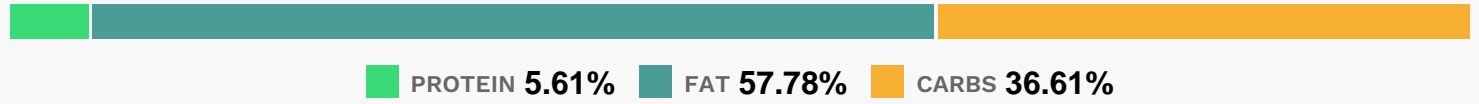
- 1 cup cherry tomatoes and radishes
- 8 oz tortilla chips blue
- 16 oz knudsen cream sour
- 1 cup pepper and jicama strips red
- 1 env. seasons parmesan dressing mix italian good

### Equipment

## Directions

- Mix first 2 ingredients until blended.
- Refrigerate 1 hour.
- Serve with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:0.94, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7334782403448%

## Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 127.97kcal (6.4%), Fat: 8.45g (13%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.82g (3.93%), Sugar: 1.46g (1.62%), Cholesterol: 16.73mg (5.58%), Sodium: 61.32mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Phosphorus: 57.51mg (5.75%), Fiber: 1.23g (4.91%), Vitamin C: 4.02mg (4.87%), Vitamin E: 0.7mg (4.65%), Calcium: 45.66mg (4.57%), Vitamin A: 224.29IU (4.49%), Magnesium: 16.55mg (4.14%), Vitamin B2: 0.06mg (3.64%), Vitamin K: 3.67µg (3.5%), Vitamin B5: 0.29mg (2.86%), Potassium: 93.72mg (2.68%), Selenium: 1.78µg (2.54%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.32mg (2.1%), Vitamin B1: 0.03mg (2.03%), Iron: 0.35mg (1.93%), Copper: 0.03mg (1.49%), Folate: 5.59µg (1.4%), Vitamin B3: 0.21mg (1.05%)