

Beau Monde™ Dip

 **Gluten Free**

READY IN



70 min.

SERVINGS



6

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon dill dried
- 1 teaspoon parsley dried
- 0.8 cup mayonnaise
- 1 tablespoon onion minced
- 1 teaspoon penzey's southwest seasoning
- 0.8 cup cream sour

Equipment

- mixing bowl

Directions

In a small mixing bowl, combine sour cream, mayonnaise, onion, Beau Monde™ seasoning, dill, and dried parsley. Chill before serving.

Nutrition Facts

PROTEIN 1.74% **FAT 94.6%** **CARBS 3.66%**

Properties

Glycemic Index:13.67, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:4.1473912570788%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 250.64kcal (12.53%), Fat: 26.57g (40.87%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.25g (1.38%), Cholesterol: 28.72mg (9.57%), Sodium: 187.41mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 51.41µg (48.96%), Vitamin E: 1.18mg (7.86%), Calcium: 47.94mg (4.79%), Vitamin A: 221.39IU (4.43%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 30.41mg (3.04%), Manganese: 0.06mg (2.82%), Iron: 0.47mg (2.61%), Selenium: 1.76µg (2.51%), Potassium: 60.28mg (1.72%), Fiber: 0.4g (1.62%), Magnesium: 6.36mg (1.59%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.38%), Folate: 5.42µg (1.35%), Zinc: 0.17mg (1.12%)