



## Benedictine Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces cream cheese at room temperature
- 1 large cucumber english peeled halved lengthwise seeded
- 1 tablespoon jalapeno pepper sauce green
- 1.5 teaspoons kosher salt
- 0.3 cup cream sour
- 0.3 medium onion white

## Equipment

- bowl

- whisk
- sieve
- spatula
- box grater

## Directions

- Grate cucumber and onion on the large holes of a box grater. Squeeze both with your hands to remove as much moisture as possible.
- Place in a fine mesh strainer over a bowl and press several times with a rubber spatula to drain the last of the water; set aside for 5 minutes.
- Place cream cheese in a medium bowl and whisk until smooth, about 1 minute. Press on cucumber–onion mixture once more to drain out any remaining water, then add to cream cheese.
- Add remaining ingredients, season with freshly ground black pepper, and stir until well combined. Refrigerate until chilled, at least 30 minutes or up to 24 hours.
- Serve with pumpernickel toast points or crudités.

## Nutrition Facts

**PROTEIN 7.12%** **FAT 81.24%** **CARBS 11.64%**

## Properties

Glycemic Index:6.75, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:2.6408695863641%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 120.63kcal (6.03%), Fat: 11.2g (17.23%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.1g (2.34%), Cholesterol: 32.87mg (10.96%), Sodium: 571.11mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin A: 467.59IU (9.35%), Vitamin K: 6.91µg (6.58%), Vitamin B2: 0.09mg (5.41%), Phosphorus: 45.97mg (4.6%), Calcium: 41.95mg (4.19%), Selenium: 2.83µg (4.05%), Vitamin C: 2.58mg (3.13%), Potassium: 108.98mg (3.11%), Vitamin B5: 0.29mg (2.89%), Magnesium:

8.58mg (2.15%), Vitamin B6: 0.04mg (2.02%), Manganese: 0.04mg (1.99%), Vitamin E: 0.28mg (1.9%), Zinc: 0.25mg (1.66%), Folate: 6.36µg (1.59%), Vitamin B1: 0.02mg (1.35%), Vitamin B12: 0.08µg (1.29%), Copper: 0.02mg (1.2%)