



## Better Buffalo Wing Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon dijon mustard
- 0.3 teaspoon garlic powder
- 1 cup water plain (such as Sabra Classic Hummus)
- 1 teaspoon olive oil extra-virgin
- 0.3 teaspoon onion powder
- 1 teaspoon red wine vinegar
- 1 teaspoon paprika smoked
- 1 tablespoon tomato paste

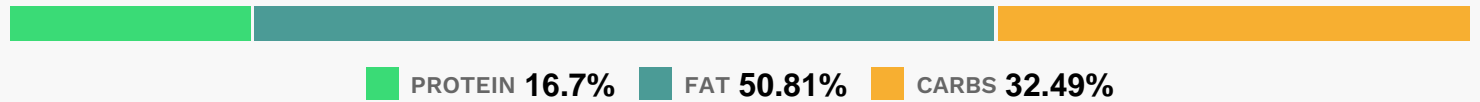
## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together the vinegar, oil, tomato, mustard, garlic, onion, and paprika.
- Add the hummus and stir until thoroughly combined.
- Serve with wings or some of the vegetarian dipper ideas in the post above.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:6.9195651800736%

## Nutrients (% of daily need)

Calories: 117.67kcal (5.88%), Fat: 7.03g (10.82%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 6g (2.18%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 279.1mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Manganese: 0.5mg (25.23%), Copper: 0.35mg (17.25%), Fiber: 4.12g (16.47%), Folate: 52.03µg (13.01%), Magnesium: 47.17mg (11.79%), Phosphorus: 115.76mg (11.58%), Iron: 1.77mg (9.84%), Zinc: 1.19mg (7.94%), Vitamin B1: 0.12mg (7.9%), Vitamin B6: 0.15mg (7.36%), Vitamin A: 326.61IU (6.53%), Potassium: 198.02mg (5.66%), Selenium: 2.33µg (3.33%), Vitamin E: 0.47mg (3.12%), Vitamin B2: 0.05mg (3.11%), Calcium: 27.46mg (2.75%), Vitamin B3: 0.54mg (2.7%), Vitamin K: 1.48µg (1.41%), Vitamin C: 0.92mg (1.12%), Vitamin B5: 0.11mg (1.05%)