



Buttermilk-Herb Dip with Crudités

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup buttermilk
- 8 servings cauliflower florets assorted sliced
- 0.3 teaspoon ground pepper
- 1 cup chives chopped
- 1 cup yogurt plain fat-free (not)
- 1 cup yogurt plain fat-free (not)
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons parsley fresh chopped

- 2 tablespoons juice of lemon
- 1 cup cream sour reduced-fat
- 0.5 teaspoon salt

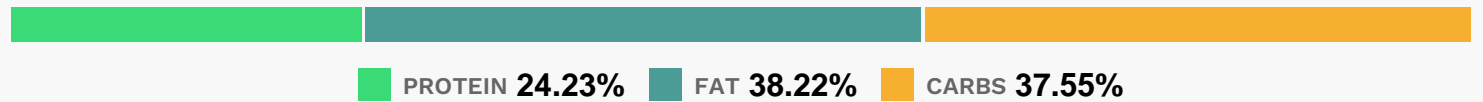
Equipment

- bowl
- whisk

Directions

- In a bowl, whisk all ingredients except crudits. Cover and chill for at least 3 hours to let flavors develop.
- Serve with assorted crudits.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:6.1786956346553%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 82.78kcal (4.14%), Fat: 3.56g (5.47%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.66g (2.78%), Sugar: 5.48g (6.08%), Cholesterol: 12.39mg (4.13%), Sodium: 227.99mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Vitamin K: 27.55µg (26.24%), Calcium: 180.74mg (18.07%), Phosphorus: 129.54mg (12.95%), Vitamin B2: 0.2mg (11.99%), Vitamin A: 450.93IU (9.02%), Vitamin B12: 0.54µg (9.01%), Vitamin C: 7.11mg (8.62%), Potassium: 259.86mg (7.42%), Zinc: 0.82mg (5.48%), Selenium: 3.53µg (5.04%), Folate: 19.32µg (4.83%), Magnesium: 18.64mg (4.66%), Vitamin B5: 0.46mg (4.63%), Vitamin B1: 0.05mg

(3.47%), Vitamin B6: 0.05mg (2.74%), Manganese: 0.03mg (1.43%), Copper: 0.03mg (1.36%), Iron: 0.24mg (1.33%),
Vitamin D: 0.19µg (1.25%)