



Buttermilk-Herb Dip with Crudités



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 8 servings crudité's such as carrots assorted sliced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup chives chopped
- ☐ 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 cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon salt

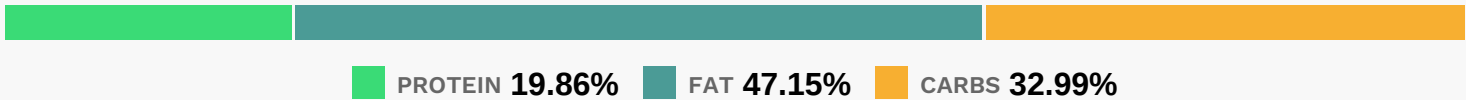
Equipment

- ☐ 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:4.820869523546%

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: 65.63kcal (3.28%), Fat: 3.5g (5.39%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.12g (3.47%), Cholesterol: 11.77mg (3.92%), Sodium: 204.41mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 27.49µg (26.18%), Calcium: 119.8mg (11.98%), Vitamin A: 448.78IU (8.98%), Vitamin C: 6.84mg (8.29%), Phosphorus: 81.46mg (8.15%), Vitamin B2: 0.13mg (7.77%), Vitamin B12: 0.35µg (5.89%), Potassium: 181.76mg (5.19%), Folate: 15.64µg (3.91%), Zinc: 0.52mg (3.5%), Selenium: 2.43µg (3.46%), Magnesium: 12.82mg (3.21%), Vitamin B5: 0.27mg (2.66%), Vitamin B1: 0.04mg (2.49%), Vitamin B6: 0.04mg (1.93%), Manganese: 0.03mg (1.35%), Vitamin D: 0.19µg (1.25%), Iron: 0.21mg (1.18%), Copper: 0.02mg (1.13%)