



Caesar Vegetable Dip

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup caesar dressing
- 3 tablespoons croutons crushed (6)
- 0.3 cup parmesan shredded
- 1 leaf the of 1 cos lettuce
- 10 servings savory vegetable raw assorted
- 0.3 cup salad dressing
- 0.5 cup cream sour

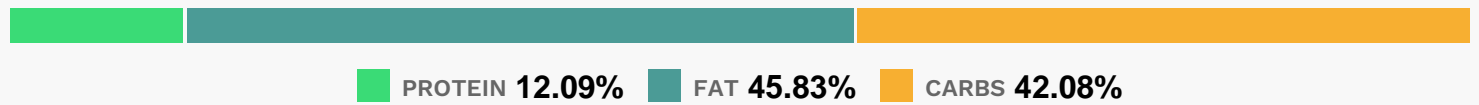
Equipment

bowl

Directions

- In small bowl, mix sour cream, mayonnaise and Caesar dressing until smooth. Stir in cheese. Cover; refrigerate 30 minutes to blend flavors.
- Line serving bowl with lettuce leaf. Spoon dip into bowl.
- Sprinkle with crushed croutons.
- Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:10.653043355307%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 155.28kcal (7.76%), Fat: 8.29g (12.75%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 13.16g (4.79%), Sugar: 1.25g (1.38%), Cholesterol: 10.78mg (3.59%), Sodium: 247mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin A: 4960.14IU (99.2%), Fiber: 3.95g (15.82%), Manganese: 0.25mg (12.72%), Vitamin K: 12.54µg (11.95%), Vitamin C: 9.72mg (11.78%), Vitamin B1: 0.15mg (9.71%), Folate: 37.04µg (9.26%), Phosphorus: 87.72mg (8.77%), Calcium: 71.84mg (7.18%), Vitamin B3: 1.42mg (7.08%), Vitamin B2: 0.12mg (7.03%), Magnesium: 26.27mg (6.57%), Iron: 1.18mg (6.56%), Potassium: 228.65mg (6.53%), Vitamin B6: 0.1mg (5.14%), Copper: 0.1mg (4.89%), Selenium: 3.24µg (4.63%), Zinc: 0.57mg (3.82%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.23mg (2.26%)