



Caesar Vegetable Dip

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

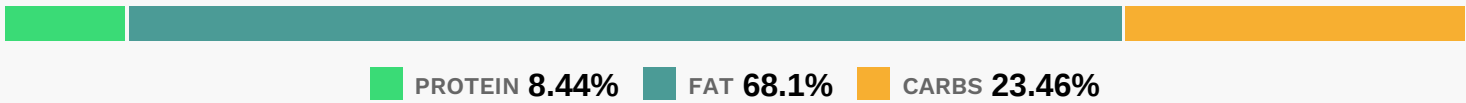
Equipment

☐ 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:2.59, Inflammation Score:-5, Nutrition Score:3.1969565409033%

Flavonoids

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

Nutrients (% of daily need)

Calories: 102.87kcal (5.14%), Fat: 7.86g (12.09%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.42g (1.97%), Sugar: 1.25g (1.38%), Cholesterol: 10.78mg (3.59%), Sodium: 208.51mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin A: 801.26IU (16.03%), Vitamin K: 12.54µg (11.95%), Calcium: 51.37mg (5.14%), Selenium: 2.91µg (4.16%), Phosphorus: 39.4mg (3.94%), Folate: 13.29µg (3.32%), Vitamin E: 0.46mg (3.07%), Vitamin B1: 0.05mg (3.05%), Vitamin B2: 0.05mg (2.93%), Manganese: 0.05mg (2.73%), Fiber: 0.68g (2.71%), Iron: 0.4mg (2.23%), Vitamin B3: 0.39mg (1.96%), Magnesium: 6.61mg (1.65%), Potassium: 55.02mg (1.57%), Vitamin C: 1.2mg (1.46%), Zinc: 0.2mg (1.36%), Vitamin B6: 0.02mg (1.21%), Copper: 0.02mg (1.08%)