



Chip Dip

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 tablespoon milk
- ☐ 3 tablespoons onions chopped
- ☐ 1 tablespoon worcestershire sauce

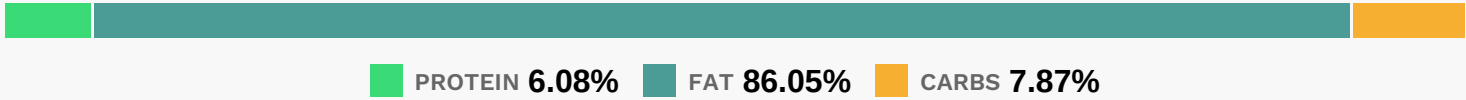
Equipment

- ☐ mixing bowl

Directions

☐ In a small mixing bowl, combine cream cheese, mayonnaise, milk, Worcestershire sauce, and grated onion.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:2.9278261065483%

Flavonoids

Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 194.14kcal (9.71%), Fat: 18.85g (29%), Saturated Fat: 9.71g (60.7%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.78g (1.37%), Sugar: 2.47g (2.74%), Cholesterol: 47.94mg (15.98%), Sodium: 214.68mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin A: 619.57IU (12.39%), Vitamin K: 7.87µg (7.49%), Vitamin B2: 0.12mg (6.78%), Selenium: 4.1µg (5.86%), Phosphorus: 56.23mg (5.62%), Calcium: 53.04mg (5.3%), Vitamin E: 0.53mg (3.56%), Potassium: 101.17mg (2.89%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.12µg (2.02%), Zinc: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.74%), Folate: 5.7µg (1.43%), Iron: 0.25mg (1.4%), Magnesium: 5.53mg (1.38%), Vitamin B1: 0.02mg (1.18%), Vitamin C: 0.89mg (1.07%)