



Cilantro Dip

 Gluten Free

READY IN



45 min.

SERVINGS



21

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese fat-free
- ☐ 1 cup milk fat-free
- ☐ 6 ounce feta cheese reduced-fat
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 8 ounce mexican sauce green canned

Equipment

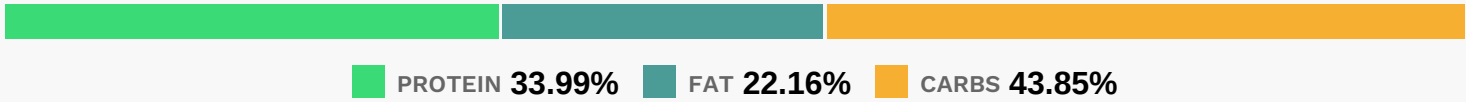
- ☐ food processor

☐ bowl

Directions

- ☐ Cut feta into 1-inch pieces.
- ☐ Place in a bowl; add milk. Cover and chill 8 hours. (Soaking reduces sodium content.)
- ☐ Drain.
- ☐ Process feta cheese, cream cheese, and next 3 ingredients in a food processor until smooth, stopping to scrape down sides. Chill 30 minutes.
- ☐ Serve with baked tortilla chips or fresh vegetables.
- ☐ Note: For testing purposes only, we used La Costea Green Mexican Sauce.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.302608680223%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 46.1kcal (2.3%), Fat: 1.14g (1.76%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.97g (4.41%), Cholesterol: 5.99mg (2%), Sodium: 282.63mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Phosphorus: 69.28mg (6.93%), Calcium: 53.69mg (5.37%), Vitamin B12: 0.17µg (2.84%), Vitamin B2: 0.04mg (2.61%), Potassium: 51.07mg (1.46%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.34%), Selenium: 0.78µg (1.12%), Folate: 4.14µg (1.03%)