



Cool & Creamy Vegetable and Bagel Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream light sour
- 0.3 cup miracle whip dressing light
- 6 cups cut-up vegetables mixed fresh red (carrot sticks, pepper strips, celery sticks)
- 1 tomatoes chopped
- 2 Tbsp vegetable soup mix dry
- 8 oz philadelphia

Equipment

Directions

- Mix first 4 ingredients until blended.
- Top with tomatoes.
- Serve as a dip with vegetables.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:11.481739129709%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 191.79kcal (9.59%), Fat: 11.08g (17.04%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 14.98g (5.45%), Sugar: 2.1g (2.34%), Cholesterol: 31.72mg (10.57%), Sodium: 210.61mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin A: 6183.63IU (123.67%), Fiber: 4.8g (19.18%), Vitamin C: 13.56mg (16.43%), Manganese: 0.29mg (14.51%), Phosphorus: 110.15mg (11.01%), Vitamin B2: 0.18mg (10.44%), Vitamin B1: 0.16mg (10.39%), Potassium: 349.78mg (9.99%), Folate: 38.94µg (9.74%), Calcium: 84.21mg (8.42%), Magnesium: 32.61mg (8.15%), Vitamin B3: 1.51mg (7.57%), Vitamin B6: 0.13mg (6.74%), Iron: 1.15mg (6.39%), Copper: 0.12mg (5.97%), Zinc: 0.75mg (5.03%), Selenium: 3.11µg (4.45%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.15µg (2.44%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.56µg (1.49%)