



Creamy Cilantro Dipping Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



455 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 servings garnish: cilantro fresh finely chopped
- 8 ounce philadelphia cream cheese softened
- 2 cups cilantro leaves fresh loosely packed (1 bunch)
- 3 garlic cloves minced
- 20 ounce rotel mexican festival tomatoes diced with lime and cilantro canned
- 1 cup cup heavy whipping cream sour

Equipment

- food processor

Directions

- Process first 5 ingredients in a food processor until smooth.
- Garnish, if desired.
- Note: For a beautiful presentation, cut top from 1 large red bell pepper; remove and discard seeds and membrane, leaving pepper intact. Arrange bell pepper on a serving plate, fill with sauce.

Nutrition Facts

PROTEIN 7.14% **FAT 78.7%** **CARBS 14.16%**

Properties

Glycemic Index:40.33, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:15.09695643964%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 455.47kcal (22.77%), Fat: 41.2g (63.38%), Saturated Fat: 23.05g (144.08%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 14.42g (5.24%), Sugar: 10.08g (11.2%), Cholesterol: 121.59mg (40.53%), Sodium: 285.51mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin A: 2440.86IU (48.82%), Vitamin K: 41.65µg (39.66%), Vitamin C: 22.11mg (26.8%), Vitamin B2: 0.43mg (25.14%), Calcium: 222mg (22.2%), Phosphorus: 184.82mg (18.48%), Potassium: 619.06mg (17.69%), Vitamin B6: 0.34mg (16.84%), Vitamin E: 2.5mg (16.65%), Selenium: 10.05µg (14.36%), Manganese: 0.26mg (12.92%), Iron: 2.21mg (12.29%), Vitamin B5: 0.99mg (9.91%), Magnesium: 38.81mg (9.7%), Copper: 0.19mg (9.55%), Fiber: 2.25g (9.02%), Vitamin B1: 0.13mg (8.73%), Folate: 33.29µg (8.32%), Vitamin B3: 1.63mg (8.13%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.33µg (5.46%)