



Creamy Dill Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

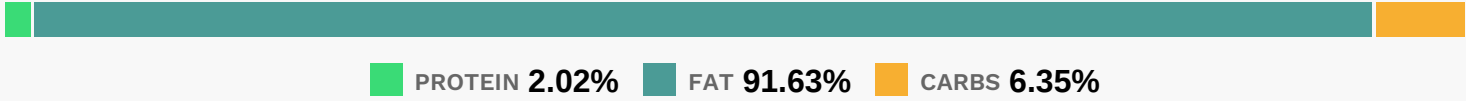
- ☐ 2 tablespoons optional: dill
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion minced
- ☐ 2 tablespoons penzey's southwest seasoning
- ☐ 1 cup cream sour

Equipment

Directions

☐ Combine ingredients; mix well. Cover and refrigerate for 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.4121737894805%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 257.66kcal (12.88%), Fat: 26.68g (41.05%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.57g (0.93%), Sugar: 1.34g (1.49%), Cholesterol: 28.72mg (9.57%), Sodium: 187.75mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 69.06µg (65.77%), Vitamin E: 1.7mg (11.35%), Manganese: 0.19mg (9.62%), Calcium: 90.81mg (9.08%), Iron: 1.45mg (8.05%), Fiber: 1.59g (6.38%), Vitamin A: 267.94IU (5.36%), Vitamin B2: 0.07mg (4.34%), Phosphorus: 33.63mg (3.36%), Magnesium: 13.32mg (3.33%), Folate: 12.27µg (3.07%), Vitamin B6: 0.05mg (2.72%), Selenium: 1.88µg (2.69%), Potassium: 90.68mg (2.59%), Vitamin B5: 0.18mg (1.81%), Copper: 0.03mg (1.73%), Zinc: 0.24mg (1.6%), Vitamin B12: 0.09µg (1.57%), Vitamin B1: 0.02mg (1.05%), Vitamin B3: 0.2mg (1.01%)