



Creamy Dill Dip II

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese at room temperature
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons spring onion finely chopped
- 0.5 teaspoon salt
- 1 cup cream sour

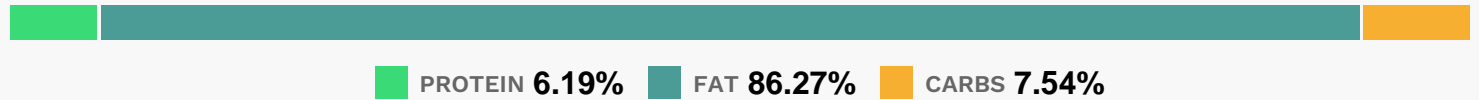
Equipment

- bowl
- hand mixer

Directions

- In a medium bowl, blend cream cheese and sour cream with an electric mixer until smooth.
- Mix in green onions, salt, dill and garlic. Refrigerate for at least 30 minutes to blend flavors. If the dip is too thick after chilling, stir in milk 1 tablespoon at a time until you reach your desired consistency.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:1.2443478392518%

Flavonoids

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

Nutrients (% of daily need)

Calories: 78.34kcal (3.92%), Fat: 7.67g (11.8%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.04g (1.16%), Cholesterol: 22.8mg (7.6%), Sodium: 121.79mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin A: 291.26IU (5.83%), Vitamin B2: 0.06mg (3.38%), Calcium: 28.96mg (2.9%), Phosphorus: 26.4mg (2.64%), Selenium: 1.76µg (2.51%), Vitamin K: 2.07µg (1.97%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.18mg (1.2%), Potassium: 39.13mg (1.12%), Vitamin B12: 0.06µg (1.02%)