



Creamy Garlic-Herb Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



1 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup buttermilk
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 small garlic clove minced
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt

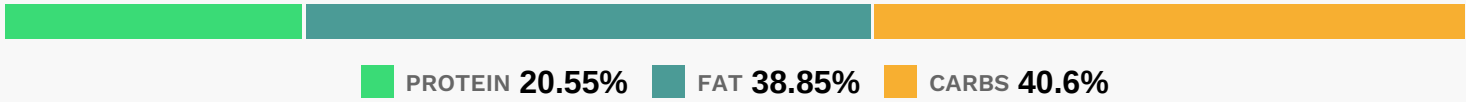
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine all ingredients in a bowl; beat with a mixer at high speed for 2 minutes or until smooth.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.24043477820637%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1.45kcal (0.07%), Fat: 0.07g (0.1%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.1g (0.11%), Cholesterol: 0.21mg (0.07%), Sodium: 20.23mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 2.47µg (2.35%)