

STARTER & SNACK

Creamy Herb Dip

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.43	249 kcal

Creamy Herb Dip is a hor d'oeuvre that serves 6. One portion of this dish contains approximately 1g of protein, 27g of fat, and a total of 249 calories. For 43 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. This recipe from My Recipes has 1 fans.

Ingredients

☐ 6 servings Whole Cooked Artichokes	☐ 1 tablespoon minced fresh chives
☐ 1 teaspoon minced fresh dill	☐ 1 tablespoon minced fresh parsley
☐ 1 tablespoon fresh lemon juice	☐ 1 teaspoon grated lemon rind
☐ ¾ cup mayonnaise	☐ ¾ cup sour cream

Method

- 1 Stir together sour cream and remaining ingredients.
- 2 Serve with Whole Cooked Artichokes.

Nutrition per serving

249

KCAL

1 g

PROTEIN

27 g

FAT

2 g

CARBS

Saturated Fat

6.2 g · 39% of daily needs

Sugar

1.2 g · 1% of daily needs

Sodium

188 mg · 8% of daily needs

Cholesterol

28.7 mg · 10% of daily needs

Vitamin C

3 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/creamy-herb-dip-148384