



## Creamy Mustard Dip

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



12

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp parsley fresh chopped
- 1 green onion finely chopped
- 2 Tbsp pasilla peppers red finely chopped

## Equipment

## Directions

- Mix first 3 ingredients until well blended.
- Stir in remaining ingredients.
- Refrigerate 2 hours.

## Nutrition Facts

**PROTEIN 7.38%** **FAT 84.67%** **CARBS 7.95%**

## Properties

Glycemic Index:12.92, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:2.0639130395392%

## Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 72.58kcal (3.63%), Fat: 6.99g (10.75%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.91g (1.01%), Cholesterol: 20.27mg (6.76%), Sodium: 88.04mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 13µg (12.38%), Vitamin A: 379.91IU (7.6%), Vitamin C: 3.04mg (3.69%), Selenium: 2.56µg (3.65%), Vitamin B2: 0.05mg (3.01%), Phosphorus: 25.58mg (2.56%), Calcium: 23.63mg (2.36%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.3%), Potassium: 40.74mg (1.16%), Folate: 4.31µg (1.08%)