



Creamy Parmesan Mustard Dip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground mustard
- ☐ 1 pinch kosher salt and pepper black freshly ground
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoon whole-grain mustard

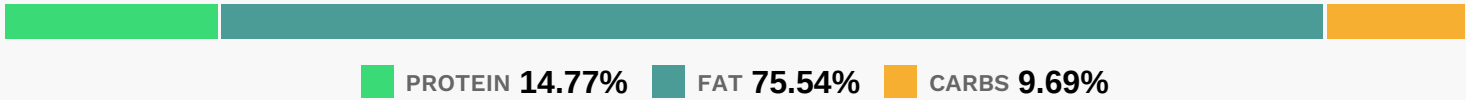
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Add all the ingredients to a small serving bowl and combine well. If not using immediately, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.2813043296337%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.37kcal (5.82%), Fat: 9.97g (15.34%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.51g (1.68%), Cholesterol: 28.28mg (9.43%), Sodium: 228.1mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Calcium: 144.88mg (14.49%), Phosphorus: 99.38mg (9.94%), Selenium: 6.68µg (9.54%), Vitamin A: 309.51IU (6.19%), Vitamin B2: 0.1mg (5.82%), Manganese: 0.06mg (3.21%), Magnesium: 12.61mg (3.15%), Vitamin B12: 0.18µg (3.01%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.04mg (2.11%), Potassium: 73.52mg (2.1%), Vitamin B1: 0.03mg (1.99%), Vitamin B5: 0.2mg (1.98%), Fiber: 0.39g (1.55%), Iron: 0.26mg (1.47%), Vitamin E: 0.21mg (1.39%), Copper: 0.02mg (1.02%)