



Creamy Pesto Dip



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



1

CALORIES



894 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

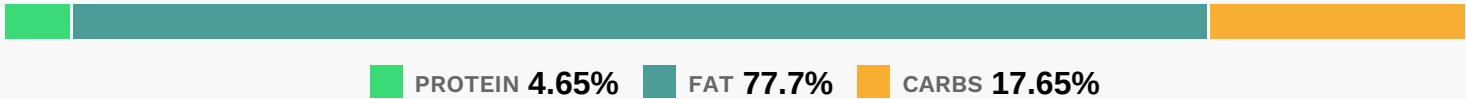
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup basil pesto
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 serving savory vegetable raw

Equipment

Directions

- ☐ Stir together all ingredients except raw vegetables.
- ☐ Cover and refrigerate at least 2 hours but no longer than 48 hours.
- ☐ Serve with raw vegetables.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:18.941304372705%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 893.9kcal (44.69%), Fat: 78.21g (120.32%), Saturated Fat: 20.47g (127.93%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 34.67g (12.61%), Sugar: 19.79g (21.99%), Cholesterol: 74.46mg (24.82%), Sodium: 2020.15mg (87.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.08%), Vitamin A: 7166.53IU (143.33%), Vitamin K: 92.36µg (87.97%), Calcium: 296.51mg (29.65%), Fiber: 5.3g (21.22%), Vitamin C: 17.09mg (20.72%), Vitamin E: 3.09mg (20.61%), Vitamin B2: 0.28mg (16.57%), Phosphorus: 163.96mg (16.4%), Manganese: 0.29mg (14.58%), Potassium: 478.79mg (13.68%), Vitamin B1: 0.17mg (11.1%), Vitamin B6: 0.22mg (11.08%), Folate: 42.97µg (10.74%), Iron: 1.92mg (10.64%), Magnesium: 42.22mg (10.55%), Selenium: 7.05µg (10.07%), Vitamin B3: 1.47mg (7.36%), Copper: 0.14mg (6.96%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.56mg (5.57%), Vitamin B12: 0.24µg (4.03%)