



Creamy Pesto Dip

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



1

CALORIES



836 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

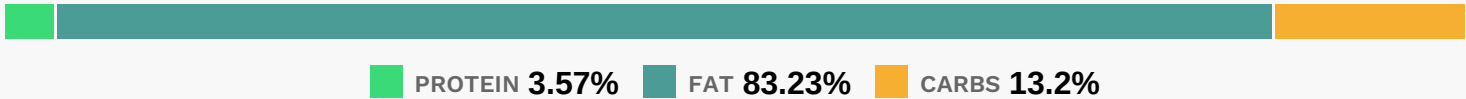
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup salad dressing
- ☐ 0.5 cup cream sour

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:32, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:12.540434863256%

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: 835.66kcal (41.78%), Fat: 77.74g (119.59%), Saturated Fat: 20.38g (127.37%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.06g (9.48%), Sugar: 19.79g (21.99%), Cholesterol: 74.46mg (24.82%), Sodium: 1977.38mg (85.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin K: 92.36µg (87.97%), Vitamin A: 2545.55IU (50.91%), Calcium: 273.76mg (27.38%), Vitamin E: 3.09mg (20.61%), Vitamin B2: 0.2mg (12.02%), Phosphorus: 110.26mg (11.03%), Selenium: 6.69µg (9.55%), Vitamin C: 7.63mg (9.25%), Potassium: 285.87mg (8.17%), Vitamin B6: 0.13mg (6.71%), Fiber: 1.66g (6.66%), Iron: 1.05mg (5.84%), Magnesium: 20.38mg (5.09%), Folate: 16.58µg (4.14%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.24µg (4.03%), Vitamin B1: 0.06mg (3.7%), Manganese: 0.07mg (3.47%), Zinc: 0.51mg (3.42%), Copper: 0.05mg (2.73%), Vitamin B3: 0.33mg (1.66%)