



## Creamy Radish Dip

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup radishes chopped
- 0.5 cup cream sour reduced-fat
- 4 spring onion sliced
- 0.5 teaspoon salt
- 1 serving rye crackers

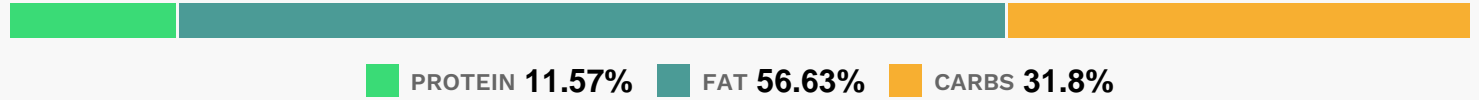
### Equipment

- bowl

## Directions

- In a small bowl, combine the radishes, sour cream, onions and salt.
- Serve on crackers.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.3052174112071%

## Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 31.79kcal (1.59%), Fat: 2.07g (3.18%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.59g (0.65%), Cholesterol: 6.71mg (2.24%), Sodium: 218.52mg (9.5%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 0.95g (1.9%), Vitamin K: 16.91µg (16.1%), Vitamin C: 4.54mg (5.5%), Calcium: 37.74mg (3.77%), Potassium: 107.85mg (3.08%), Folate: 12.07µg (3.02%), Vitamin A: 143.98IU (2.88%), Vitamin B2: 0.04mg (2.18%), Fiber: 0.52g (2.07%), Phosphorus: 20.46mg (2.05%), Magnesium: 5.47mg (1.37%), Vitamin B12: 0.08µg (1.34%), Manganese: 0.03mg (1.33%), Zinc: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.13%), Iron: 0.2mg (1.11%), Selenium: 0.76µg (1.09%)