



Creamy Ranch-Style Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 3 tablespoons nonfat buttermilk
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon salt

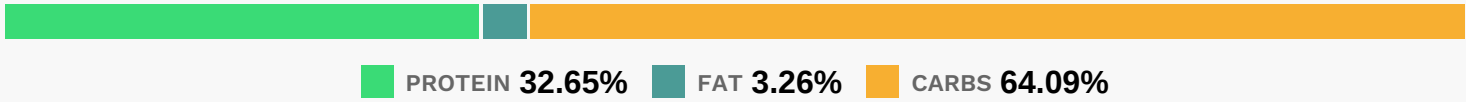
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cream cheese and buttermilk in a small bowl, stirring with a whisk until blended. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3173912682611%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 4.16kcal (0.21%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.39g (0.43%), Cholesterol: 0.15mg (0.05%), Sodium: 104.57mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 22.01µg (20.96%), Vitamin C: 1.97mg (2.39%), Vitamin A: 114.08IU (2.28%)