



Creamy Salsa



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



32

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce carton cream sour
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup salsa

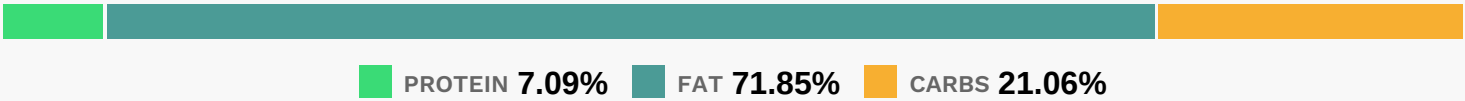
Equipment

- ☐ bowl
- ☐ spatula

Directions

- ☐ Combine all ingredients in a medium-size bowl. Stir with a rubber spatula until blended. Cover and chill in refrigerator at least 1 hour or overnight.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:1.16, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.61434782782327%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 16.89kcal (0.84%), Fat: 1.42g (2.18%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.56g (0.62%), Cholesterol: 4.18mg (1.39%), Sodium: 55.76mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin A: 93.18IU (1.86%), Calcium: 10.68mg (1.07%)