



Creamy Salsa Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 green onion finely chopped (white and light-green parts only)
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 0.3 cup bottled salsa (nonchunky)

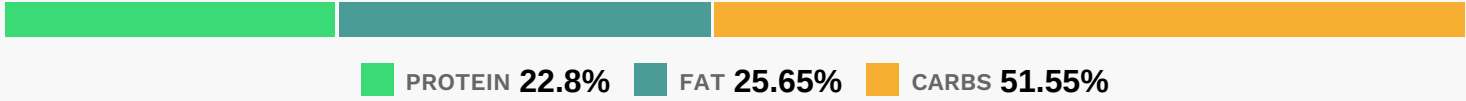
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a medium bowl.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0743478371397%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 12.22kcal (0.61%), Fat: 0.37g (0.57%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.04g (1.16%), Cholesterol: 1.2mg (0.4%), Sodium: 79.8mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 3.59µg (3.42%), Calcium: 24.16mg (2.42%), Phosphorus: 18.48mg (1.85%), Potassium: 59.09mg (1.69%), Vitamin A: 78.12IU (1.56%), Vitamin B2: 0.03mg (1.55%), Vitamin B6: 0.02mg (1.25%), Vitamin E: 0.15mg (1.01%)