



Creamy Salsa Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



14

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh packed chopped
- 0.5 cup salad dressing
- 0.8 cup salsa thick
- 0.5 cup cream sour
- 8 oz tortilla chips

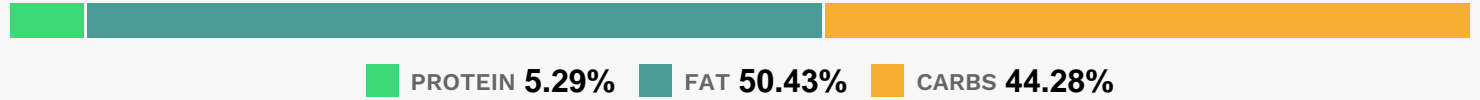
Equipment

- bowl

Directions

- In small bowl, mix all ingredients except tortilla chips.
- Serve immediately with tortilla chips, or cover and refrigerate 1 to 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.5360869648664%

Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 116.97kcal (5.85%), Fat: 6.75g (10.38%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.19g (4.43%), Sugar: 1.85g (2.05%), Cholesterol: 4.85mg (1.62%), Sodium: 230.53mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 9.68µg (9.22%), Vitamin E: 0.96mg (6.43%), Phosphorus: 48.55mg (4.85%), Fiber: 1.13g (4.53%), Magnesium: 17.01mg (4.25%), Vitamin B6: 0.06mg (3.13%), Calcium: 30.65mg (3.07%), Vitamin A: 140.82IU (2.82%), Vitamin B5: 0.25mg (2.49%), Potassium: 84.23mg (2.41%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.29mg (1.91%), Selenium: 1.31µg (1.88%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg (1.77%), Vitamin B3: 0.31mg (1.57%), Copper: 0.03mg (1.42%), Manganese: 0.02mg (1.02%)