



Creamy Vegetable Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese fat-free softened
- ☐ 2 tablespoons milk fat-free
- ☐ 2 tablespoons green onion chopped
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 4 teaspoons ranch salad dressing mix
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings vegetables fresh assorted

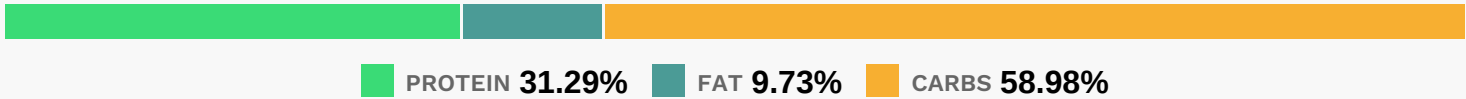
Equipment

☐ hand mixer

Directions

- ☐ Beat cream cheese and milk at medium speed with an electric mixer until creamy; add cheese and dressing mix, beating until blended. Stir in bell pepper and green onions. Cover and chill until ready to serve.
- ☐ Serve with assorted fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:12.735217279714%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 120.02kcal (6%), Fat: 1.34g (2.07%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 14.52g (5.28%), Sugar: 2.63g (2.92%), Cholesterol: 6.14mg (2.05%), Sodium: 639.91mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Vitamin A: 4879.95IU (97.6%), Phosphorus: 269.65mg (26.97%), Vitamin C: 17.79mg (21.56%), Calcium: 178.63mg (17.86%), Fiber: 3.82g (15.29%), Manganese: 0.24mg (12.01%), Vitamin B2: 0.2mg (11.57%), Folate: 43.96µg (10.99%), Potassium: 328.04mg (9.37%), Vitamin B1: 0.13mg (8.92%), Magnesium: 32.48mg (8.12%), Zinc: 1.09mg (7.3%), Vitamin B12: 0.41µg (6.84%), Vitamin B3: 1.3mg (6.52%), Vitamin B6: 0.13mg (6.49%), Iron: 1mg (5.56%), Vitamin B5: 0.51mg (5.1%), Copper: 0.1mg (5.09%), Vitamin K: 4.55µg (4.33%), Selenium: 2.92µg (4.17%)