



Crunchy Lemon Dill Vegetable Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 carrots minced
- 2 tablespoons optional: dill chopped
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest
- 0.3 cup mayonnaise
- 0.3 teaspoon pepper
- 0.3 cup bell pepper red finely chopped
- 0.5 teaspoon salt

2 spring onion minced

8 ounces cream sour

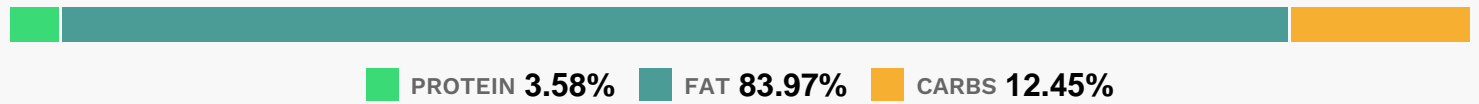
Equipment

Directions

Mix sour cream, mayonnaise, lemon juice, lemon zest, chopped dill, minced scallions, minced carrots, chopped bell pepper, salt, and pepper. Refrigerate.

Serve with vegetables, crackers, or whatever else you want.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:4.5821739130435%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Taste

Sweetness: 58.53%, Saltiness: 22.04%, Sourness: 22.9%, Bitterness: 41.61%, Savoriness: 1.22%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 90.58kcal (4.53%), Fat: 8.64g (13.3%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.69g (1.88%), Cholesterol: 15.73mg (5.24%), Sodium: 167.95mg (7.3%), Protein: 0.83g (1.66%), Vitamin A: 2369.09IU (47.38%), Vitamin K: 16.37µg (15.59%), Vitamin C: 8.51mg (10.32%), Vitamin B2: 0.05mg (3.12%), Calcium: 30.14mg (3.01%), Vitamin E: 0.45mg (2.97%), Potassium: 88.6mg (2.53%), Phosphorus: 25.13mg (2.51%), Vitamin B6: 0.04mg (2.18%), Fiber: 0.54g (2.15%), Folate: 8.22µg (2.06%), Manganese: 0.04mg (1.88%), Selenium: 1µg (1.43%), Vitamin B5: 0.14mg (1.4%), Magnesium: 5.1mg (1.28%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.21mg (1.03%)