

# Cucumber Dip

 **Gluten Free**

READY IN

ready

**490 min.**

SERVINGS

servings

**10**

CALORIES

calories

**204 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons dill weed dried
- ☐ 1 tablespoon onion dried minced
- ☐ 2 tablespoons parsley dried
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons beau monde <sup>TM</sup> seasoning
- ☐ 0.3 teaspoon seasoning salt
- ☐ 1 cup cup heavy whipping cream sour

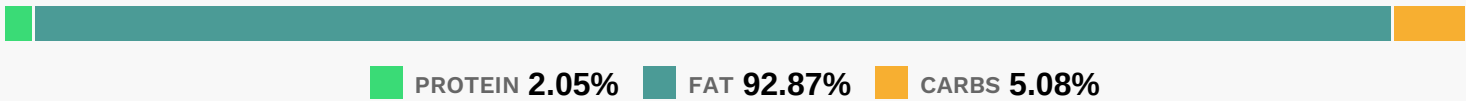
# Equipment

bowl

# Directions

In a medium bowl, mix sour cream, mayonnaise, onion, parsley, dill weed, Beau Monde ™ seasoning, seasoning salt and pepper. Cover and chill in the refrigerator 8 hours, or overnight, before serving. Enjoy!

# Nutrition Facts



# Properties

Glycemic Index:8.7, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:4.2339129758918%

# Flavonoids

Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg

# Nutrients (% of daily need)

Calories: 203.95kcal (10.2%), Fat: 21.29g (32.76%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.17g (1.3%), Cholesterol: 22.98mg (7.66%), Sodium: 210.09mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 48.48µg (46.17%), Vitamin E: 1.04mg (6.93%), Manganese: 0.11mg (5.54%), Calcium: 50.32mg (5.03%), Vitamin A: 194.3IU (3.89%), Iron: 0.62mg (3.46%), Vitamin B2: 0.06mg (3.46%), Phosphorus: 28.03mg (2.8%), Fiber: 0.61g (2.42%), Selenium: 1.49µg (2.13%), Magnesium: 8.19mg (2.05%), Potassium: 71.45mg (2.04%), Vitamin B6: 0.04mg (1.83%), Folate: 6.39µg (1.6%), Vitamin C: 1.2mg (1.46%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.08µg (1.25%), Zinc: 0.17mg (1.16%), Copper: 0.02mg (1.06%)