



Cucumber Dip

READY IN



20 min.

SERVINGS



20

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings garnish: chives fresh
- ☐ 16 oz cream cheese softened
- ☐ 5 small cucumbers unpeeled
- ☐ 2 teaspoons chives fresh chopped
- ☐ 1 teaspoon garlic salt divided
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 20 servings pita chips
- ☐ 0.5 cup rice vinegar

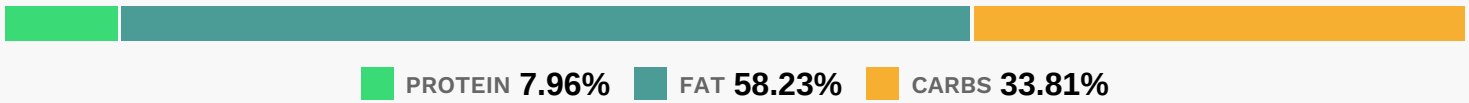
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ hand mixer

Directions

- ☐ Grate cucumbers into a medium bowl. Toss with rice vinegar, salt, and 1/2 tsp. garlic salt. Cover and chill 8 hours.
- ☐ Drain cucumber mixture well, pressing between paper towels.
- ☐ Beat cream cheese, mayonnaise, and remaining 1/2 tsp. garlic salt at medium speed with an electric mixer 1 to 2 minutes or until smooth. Stir in cucumber mixture and chives. Cover and chill at least 1 hour.
- ☐ Garnish, if desired, and serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:6.8030434590967%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.64kcal (12.58%), Fat: 16.32g (25.1%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 19.94g (7.25%), Sugar: 2.79g (3.09%), Cholesterol: 25.26mg (8.42%), Sodium: 579.39mg (25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Selenium: 11.43µg (16.33%), Vitamin E: 2.33mg (15.56%), Vitamin K: 15.13µg (14.41%), Vitamin B1: 0.18mg (11.71%), Folate: 46.81µg (11.7%), Manganese: 0.22mg (11.18%), Vitamin B3: 2.01mg (10.07%), Vitamin B2: 0.15mg (8.84%), Iron: 1.43mg (7.95%), Vitamin A: 384.55IU (7.69%), Phosphorus: 69.35mg (6.94%), Fiber: 1.37g (5.47%), Magnesium: 17.73mg (4.43%), Vitamin B5: 0.38mg (3.77%), Copper: 0.08mg (3.75%), Potassium: 124.33mg (3.55%), Calcium: 34.28mg (3.43%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.47mg (3.1%), Vitamin C: 1.9mg (2.31%)