



## Cucumber Dip II

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 ounce cream cheese softened
- 1 cucumber diced peeled
- 1 teaspoon garlic salt
- 2 tablespoons mayonnaise
- 1 small onion diced

### Equipment

- bowl

## Directions

- In a bowl, thoroughly blend the cream cheese, cucumber, onion, mayonnaise, and garlic salt. Cover, and chill in the refrigerator until serving.

## Nutrition Facts

**PROTEIN 6.56%** **FAT 85.28%** **CARBS 8.16%**

## Properties

Glycemic Index:7.44, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:1.9860869485723%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 11.1g (17.07%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.52g (1.69%), Cholesterol: 29.37mg (9.79%), Sodium: 246.02mg (10.7%), Alcohol: 0g (100%), Protein: 1.92g (3.84%), Vitamin A: 395.46IU (7.91%), Vitamin K: 4.82µg (4.59%), Vitamin B2: 0.07mg (4.2%), Selenium: 2.52µg (3.6%), Phosphorus: 35.91mg (3.59%), Calcium: 31.36mg (3.14%), Vitamin B5: 0.22mg (2.15%), Vitamin E: 0.31mg (2.05%), Potassium: 69.69mg (1.99%), Vitamin B6: 0.03mg (1.54%), Folate: 6.1µg (1.52%), Magnesium: 5.26mg (1.32%), Zinc: 0.18mg (1.23%), Manganese: 0.02mg (1.15%), Vitamin C: 0.92mg (1.12%), Vitamin B12: 0.06µg (1.07%), Copper: 0.02mg (1.03%)