



Daffodil Vegetable Dip

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

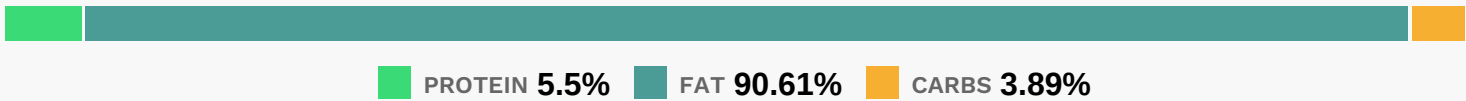
- ☐ 0.5 teaspoon anchovy paste
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pinch ground pepper black
- ☐ 1 hard-cooked egg
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon onion chopped

Equipment

Directions

- ☐
- Stir together the cream cheese, mayonnaise, parsley, onion, anchovy paste, garlic powder, and pepper until creamy. Separate the egg white from the yolk; chop roughly. Stir the chopped egg white into the dip.
- ☐
- Sprinkle the chopped yolk over the top. Chill to serve.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:6.5617391726245%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 275.22kcal (13.76%), Fat: 27.92g (42.96%), Saturated Fat: 10.11g (63.17%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.72g (1.91%), Cholesterol: 77.53mg (25.84%), Sodium: 267.45mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin K: 72.34µg (68.9%), Vitamin A: 774.04IU (15.48%), Selenium: 6.63µg (9.47%), Vitamin B2: 0.14mg (8.13%), Vitamin E: 1.06mg (7.07%), Phosphorus: 62.44mg (6.24%), Calcium: 47.49mg (4.75%), Vitamin C: 3.45mg (4.18%), Vitamin B5: 0.38mg (3.82%), Vitamin B12: 0.2µg (3.37%), Folate: 12.25µg (3.06%), Potassium: 84.84mg (2.42%), Zinc: 0.35mg (2.33%), Iron: 0.37mg (2.06%), Vitamin B6: 0.04mg (2.01%), Magnesium: 6.31mg (1.58%), Vitamin D: 0.23µg (1.53%), Vitamin B1: 0.02mg (1.33%)