



Dana's Cream Cheese Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 16 ounce cream cheese softened
- ☐ 1 cup basil leaves fresh
- ☐ 2 cloves garlic
- ☐ 0.3 cup pinenuts toasted

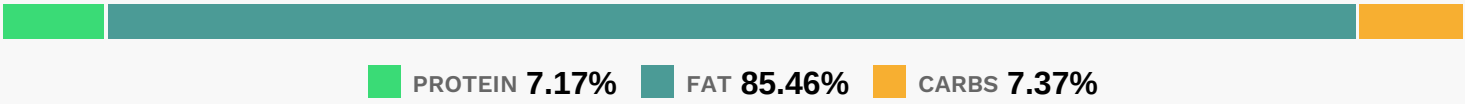
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐
- Place the pine nuts, basil, and garlic in a food processor. Pulse until coarsely chopped.
- ☐
- Mix the cream cheese and balsamic vinegar together in a bowl until well blended, then stir in the pine nut mixture.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:3.0039130656616%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.94kcal (6%), Fat: 11.69g (17.98%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.13g (0.78%), Sugar: 1.32g (1.47%), Cholesterol: 28.63mg (9.54%), Sodium: 89.43mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Manganese: 0.28mg (13.77%), Vitamin A: 460.71IU (9.21%), Vitamin K: 8.34µg (7.95%), Phosphorus: 48.11mg (4.81%), Vitamin B2: 0.07mg (4.3%), Selenium: 2.52µg (3.59%), Vitamin E: 0.52mg (3.46%), Calcium: 31.55mg (3.16%), Magnesium: 10.78mg (2.7%), Copper: 0.05mg (2.47%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.18mg (1.76%), Potassium: 61.26mg (1.75%), Iron: 0.25mg (1.38%), Vitamin B6: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.2%), Folate: 4.54µg (1.13%), Vitamin B12: 0.06µg (1.04%)