

Daryl's Mexican Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



505 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

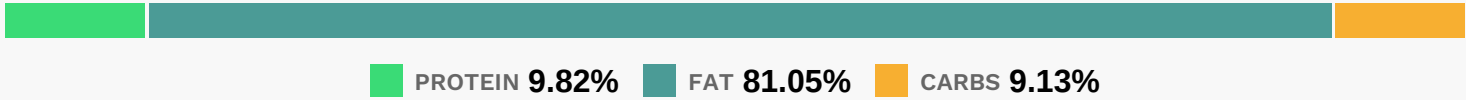
- ☐ 12 ounce olives black drained sliced canned
- ☐ 16 ounce cream cheese softened
- ☐ 3 bunches green onions chopped
- ☐ 8 ounce salsa
- ☐ 8 ounce cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 2 tomatoes diced

Equipment

Directions

☐ In a medium serving dish, mix the cream cheese, sour cream and green onions. Top with salsa, and layer with tomatoes, black olives and Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:12.83347821754%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 504.67kcal (25.23%), Fat: 46.78g (71.97%), Saturated Fat: 23.5g (146.9%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.33g (3.39%), Sugar: 6.49g (7.21%), Cholesterol: 119.07mg (39.69%), Sodium: 1233.35mg (53.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.51%), Vitamin A: 2047.84IU (40.96%), Calcium: 352.3mg (35.23%), Phosphorus: 255.08mg (25.51%), Vitamin K: 25.57µg (24.35%), Selenium: 15.69µg (22.41%), Vitamin B2: 0.38mg (22.1%), Vitamin E: 3.1mg (20.65%), Zinc: 1.67mg (11.15%), Potassium: 356.27mg (10.18%), Fiber: 2.52g (10.07%), Vitamin B12: 0.54µg (9.07%), Vitamin C: 6.95mg (8.43%), Vitamin B6: 0.17mg (8.39%), Magnesium: 32.54mg (8.13%), Vitamin B5: 0.73mg (7.32%), Folate: 27.24µg (6.81%), Copper: 0.12mg (6.24%), Manganese: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.52%), Iron: 0.69mg (3.84%), Vitamin B3: 0.77mg (3.84%), Vitamin D: 0.17µg (1.13%)