



Dill Cucumber Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



798 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 2 cucumber peeled seeded chopped
- 0.5 teaspoon dill dried
- 1 tablespoon juice of lemon fresh
- 1 cup mayonnaise
- 0.5 teaspoon hot sauce hot

Equipment

- bowl

Directions

Place cream cheese in a medium bowl. Beat until smooth. Stir in cucumbers, mayonnaise, fresh lemon juice, dill weed and hot pepper sauce.

Nutrition Facts

PROTEIN 3.29% **FAT 92.05%** **CARBS 4.66%**

Properties

Glycemic Index:30.67, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:13.032608737116%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 797.92kcal (39.9%), Fat: 82.2g (126.46%), Saturated Fat: 24.04g (150.22%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 7.93g (2.88%), Sugar: 6.16g (6.85%), Cholesterol: 107.71mg (35.9%), Sodium: 733.53mg (31.89%), Alcohol: 0g (100%), Protein: 6.6g (13.2%), Vitamin K: 137.71µg (131.15%), Vitamin A: 1218.95IU (24.38%), Vitamin E: 3.17mg (21.12%), Vitamin B2: 0.24mg (14.11%), Phosphorus: 139.95mg (13.99%), Selenium: 8.42µg (12.03%), Potassium: 398.35mg (11.38%), Calcium: 110.63mg (11.06%), Vitamin C: 8.92mg (10.81%), Vitamin B5: 1.05mg (10.47%), Folate: 39.58µg (9.89%), Copper: 0.17mg (8.58%), Manganese: 0.17mg (8.35%), Magnesium: 32.64mg (8.16%), Vitamin B6: 0.16mg (7.83%), Vitamin B1: 0.09mg (5.93%), Fiber: 1.44g (5.76%), Zinc: 0.84mg (5.59%), Iron: 0.77mg (4.27%), Vitamin B12: 0.26µg (4.27%)