



Dill Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1 tablespoon dill dried
- 1 tablespoon optional: dill fresh finely chopped
- 0.8 teaspoon kosher salt as needed plus more
- 1 cup mayonnaise
- 2 tablespoons flat parsley italian finely chopped
- 1 sticks celery stalks thick-cut for serving
- 1 tablespoon shallots finely chopped

- 1 cup cream sour
- 1 teaspoon citrus champagne vinegar

Equipment

- bowl
- plastic wrap

Directions

- Mix all the measured ingredients together in a medium bowl until combined. Cover with plastic wrap and refrigerate until the flavors have mingled and the dip is chilled, at least 2 hours. Taste and season with salt and pepper as needed, then transfer to a serving dish.
- Serve with crackers, crostini, carrot sticks, celery sticks, or thick-cut potato chips.

Nutrition Facts

PROTEIN 1.78% **FAT 94.94%** **CARBS 3.28%**

Properties

Glycemic Index:23.88, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:4.5839131331962%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 250.01kcal (12.5%), Fat: 26.55g (40.85%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.25g (1.39%), Cholesterol: 28.72mg (9.57%), Sodium: 406.42mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 62.72µg (59.74%), Vitamin E: 1.04mg (6.92%), Vitamin A: 308.64IU (6.17%), Calcium: 40.69mg (4.07%), Vitamin B2: 0.06mg (3.32%), Phosphorus: 31.41mg (3.14%), Selenium: 1.73µg (2.47%), Vitamin C: 1.93mg (2.33%), Manganese: 0.04mg (2.14%), Iron: 0.36mg (2%), Potassium: 66.3mg (1.89%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.55%), Magnesium: 5.89mg (1.47%), Vitamin B6: 0.03mg (1.31%), Folate: 5.21µg (1.3%), Zinc: 0.17mg (1.12%)