



Dill Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1006 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 teaspoons dill weed dried
- 2 cups mayonnaise
- 3 tablespoons onion chopped
- 1 teaspoon seasoning salt
- 2 cups cup heavy whipping cream sour
- 1 tablespoon sugar white

Equipment

- bowl

Directions

In a medium bowl, mix together mayonnaise, sour cream, chopped onion, seasoning salt, dill weed, and white sugar. Refrigerate for at least 8 hours before serving to blend flavors.

Nutrition Facts

PROTEIN 1.63% **FAT 94.39%** **CARBS 3.98%**

Properties

Glycemic Index:36.77, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:10.591739213985%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 1005.75kcal (50.29%), Fat: 106.14g (163.29%), Saturated Fat: 24.72g (154.52%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.84g (3.58%), Sugar: 7.87g (8.75%), Cholesterol: 114.89mg (38.3%), Sodium: 1330.11mg (57.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin K: 184.32µg (175.54%), Vitamin E: 4.11mg (27.41%), Vitamin A: 833.28IU (16.67%), Calcium: 140.6mg (14.06%), Vitamin B2: 0.22mg (12.89%), Phosphorus: 117.17mg (11.72%), Selenium: 6.89µg (9.84%), Vitamin B12: 0.38µg (6.26%), Vitamin B5: 0.59mg (5.88%), Potassium: 202.09mg (5.77%), Magnesium: 16.77mg (4.19%), Zinc: 0.59mg (3.91%), Iron: 0.7mg (3.91%), Vitamin B6: 0.08mg (3.9%), Folate: 13.93µg (3.48%), Manganese: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.72%), Copper: 0.05mg (2.46%), Vitamin C: 1.97mg (2.38%), Vitamin D: 0.22µg (1.49%)