

Dill Dip II

 Vegetarian  Gluten Free

READY IN

ready

480 min.

SERVINGS

servings

8

CALORIES

calories

248 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1.3 teaspoons dill weed dried
- ☐ 1 teaspoon parsley dried
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon seasoning salt
- ☐ 1 cup cup heavy whipping cream sour

Equipment

- ☐ bowl

Directions

☐ In a medium bowl, combine sour cream, mayonnaise, monosodium glutamate, seasoning salt, parsley and dill. Cover and refrigerate overnight.

Nutrition Facts



PROTEIN 1.61% **FAT 95.84%** **CARBS 2.55%**

Properties

Glycemic Index:6.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.4226087542332%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 247.76kcal (12.39%), Fat: 26.53g (40.81%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.14g (1.27%), Cholesterol: 28.72mg (9.57%), Sodium: 477.78mg (20.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin K: 46.24µg (44.04%), Vitamin E: 1.03mg (6.86%), Vitamin A: 206.7IU (4.13%), Calcium: 34.39mg (3.44%), Vitamin B2: 0.05mg (3.2%), Phosphorus: 28.63mg (2.86%), Selenium: 1.71µg (2.44%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.14mg (1.45%), Potassium: 47.1mg (1.35%)