



## Easy-Does-It Party Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

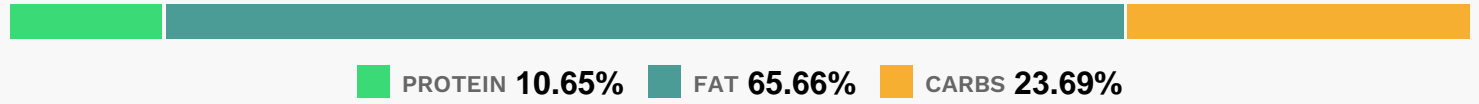
- 0.5 cup knudsen cream light sour
- 1 tsp dill weed
- 2 green onions sliced
- 8 oz oscar mayer braunschweiger
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## Equipment

## Directions

- Mix all ingredients until blended; cover.
- Refrigerate at least 1 hour or overnight.
- Serve with assorted cut-up vegetables or crackers.

## Nutrition Facts



## Properties

Glycemic Index:3.92, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.5873913027994%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 13.68kcal (0.68%), Fat: 1.02g (1.57%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.07g (0.08%), Cholesterol: 3.35mg (1.12%), Sodium: 8.28mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin K: 4.19µg (3.99%), Calcium: 14.97mg (1.5%), Vitamin A: 52.02IU (1.04%)