



Easy Onion Garlic Spread

READY IN



10 min.

SERVINGS



8

CALORIES



117 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 ounce onion soup mix dry
- ☐ 3 tablespoons garlic minced
- ☐ 1 tablespoon sea salt to taste

Equipment

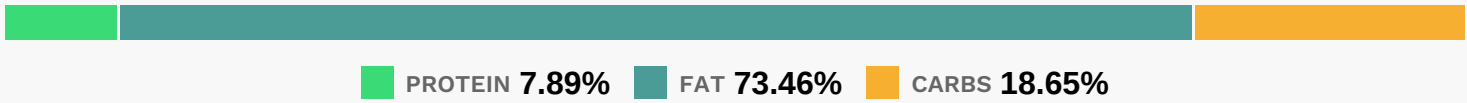
- ☐ bowl

Directions

☐

Mix cream cheese, onion soup mix, garlic, and granulated garlic together in a bowl; add more granulated garlic if desired. Stir sour cream into dip for a thinner consistency. Refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:2.3565217489782%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 117.39kcal (5.87%), Fat: 9.79g (15.06%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 5.2g (1.89%), Sugar: 1.28g (1.43%), Cholesterol: 28.63mg (9.54%), Sodium: 374.72mg (16.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin A: 381.54IU (7.63%), Selenium: 3.28µg (4.69%), Vitamin B2: 0.08mg (4.68%), Phosphorus: 46.54mg (4.65%), Vitamin B6: 0.09mg (4.51%), Manganese: 0.09mg (4.33%), Calcium: 38.79mg (3.88%), Potassium: 86.93mg (2.48%), Vitamin B5: 0.22mg (2.17%), Vitamin B1: 0.03mg (1.78%), Vitamin E: 0.26mg (1.72%), Zinc: 0.25mg (1.64%), Copper: 0.03mg (1.6%), Magnesium: 6.2mg (1.55%), Fiber: 0.39g (1.55%), Vitamin C: 1.07mg (1.3%), Vitamin B12: 0.06µg (1.04%), Iron: 0.18mg (1.02%)