



Easy Vegetable Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup mayonnaise dressing with olive oil best foods®



16 oz cup heavy whipping cream sour



1 package vegetable recipe mix knorr®

Equipment

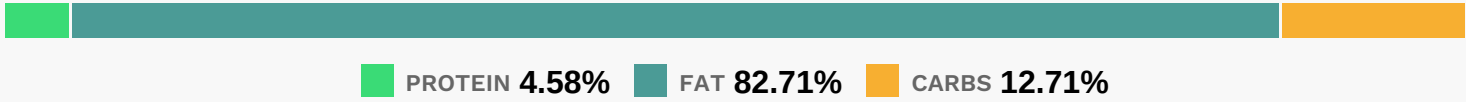


bowl

Directions

- ☐ Combine all ingredients in medium bowl. Cover and chill 2 hours to blend flavors.
- ☐ Stir before serving.
- ☐ Serve with your favorite dippers.
- ☐ Also terrific with Hellmann's or Best Foods Real Mayonnaise

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:9.9617391073185%

Nutrients (% of daily need)

Calories: 368.29kcal (18.41%), Fat: 34.65g (53.31%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.7g (3.53%), Sugar: 3.22g (3.58%), Cholesterol: 62.93mg (20.98%), Sodium: 197.06mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin A: 3464.04IU (69.28%), Vitamin K: 37.87µg (36.07%), Vitamin B2: 0.2mg (12.06%), Calcium: 107.62mg (10.76%), Phosphorus: 107.16mg (10.72%), Fiber: 2.27g (9.09%), Vitamin C: 6.72mg (8.15%), Manganese: 0.15mg (7.51%), Vitamin E: 1.08mg (7.2%), Potassium: 238.29mg (6.81%), Vitamin B1: 0.09mg (5.98%), Selenium: 4.1µg (5.86%), Folate: 23.04µg (5.76%), Magnesium: 22.93mg (5.73%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.44mg (4.36%), Vitamin B3: 0.8mg (3.98%), Zinc: 0.59mg (3.92%), Copper: 0.07mg (3.67%), Vitamin B12: 0.22µg (3.62%), Iron: 0.65mg (3.61%)