



Fresh Cucumber-Lemon Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

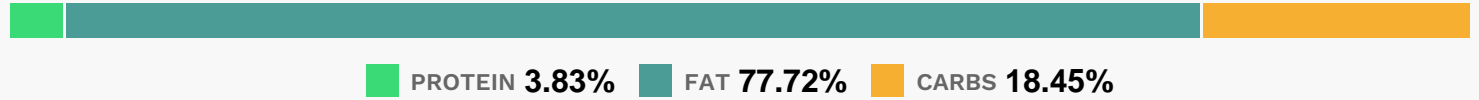
- 0.3 cup knudsen cream sour
- 1 cup cucumbers peeled seeded finely chopped
- 1 tsp optional: dill fresh chopped
- 1 clove garlic minced
- 1 Tbsp juice of lemon fresh
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.92391304736552%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.86kcal (1.69%), Fat: 2.98g (4.59%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.77g (0.86%), Cholesterol: 5.36mg (1.79%), Sodium: 60.54mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 5.07µg (4.83%), Vitamin C: 1.45mg (1.76%), Vitamin E: 0.19mg (1.26%), Vitamin A: 62.76IU (1.26%), Calcium: 10.82mg (1.08%), Phosphorus: 10.74mg (1.07%), Potassium: 37.29mg (1.07%)