



food
network

Fresh Dill Sauce



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



153 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cream cheese at room temperature
- ☐ 1 cup hothouse cucumber grated seeded
- ☐ 0.5 cup optional: dill fresh minced
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise such as hellmann's good

- ☐ 0.5 cup yogurt plain such as stonyfield
- ☐ 0.5 cup scallions white green chopped 4 scallions
- ☐ 0.5 cup cup heavy whipping cream sour

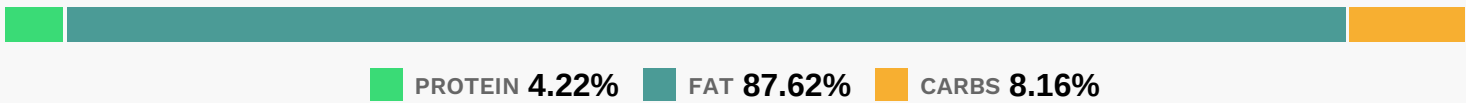
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the mayonnaise, sour cream, yogurt, cream cheese, scallions, dill, parsley, lemon zest, lemon juice, 2 teaspoons salt, and 1 teaspoon pepper in the bowl of a food processor fitted with the steel blade. Puree for a few seconds, until well mixed.
- ☐ Add the cucumber and puree for another few seconds, until combined.
- ☐ Pour into a container and refrigerate for a few hours to allow the flavors to develop.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:6.0608696743198%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 152.82kcal (7.64%), Fat: 15.1g (23.24%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.92g (2.13%), Cholesterol: 20.01mg (6.67%), Sodium: 116.03mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin K: 68.19µg (64.94%), Vitamin A: 622.35IU (12.45%), Vitamin C: 8.68mg (10.52%), Calcium: 54.21mg (5.42%), Vitamin B2: 0.08mg (4.56%), Folate: 17.34µg

(4.34%), Phosphorus: 41.61mg (4.16%), Vitamin E: 0.61mg (4.1%), Manganese: 0.08mg (3.95%), Potassium: 126.81mg (3.62%), Iron: 0.5mg (2.8%), Magnesium: 9.97mg (2.49%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.28mg (1.87%), Fiber: 0.47g (1.86%), Vitamin B12: 0.11µg (1.86%), Vitamin B6: 0.04mg (1.79%), Copper: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.51%)