



Fresh Herb Dip

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



16

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp chives fresh chopped
- 1 cup miracle whip dressing light
- 1 cup nonfat yogurt plain

Equipment

- bowl

Directions

- Combine ingredients in serving bowl; cover.
- Refrigerate at least 2 hours.
- Serve with reduced-fat crackers and your favorite vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:2.81, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.84478261524244%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 22.08kcal (1.1%), Fat: 0.46g (0.71%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.82g (3.14%), Cholesterol: 1.74mg (0.58%), Sodium: 137.39mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Calcium: 31.77mg (3.18%), Phosphorus: 25.06mg (2.51%), Vitamin B2: 0.04mg (2.13%), Vitamin B12: 0.09µg (1.56%), Potassium: 47.97mg (1.37%), Fiber: 0.31g (1.25%)