



Fresh Herb Veggie Dip

 Vegetarian

READY IN



30 min.

SERVINGS



32

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots shredded (1 small)
- ☐ 8 oz approx cream cheese spread
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 0.3 cup radishes thinly sliced quartered (2 medium)

- ☐ 1 Dash salt
- ☐ 6.6 oz keebler® town house toppers® wheat crackers

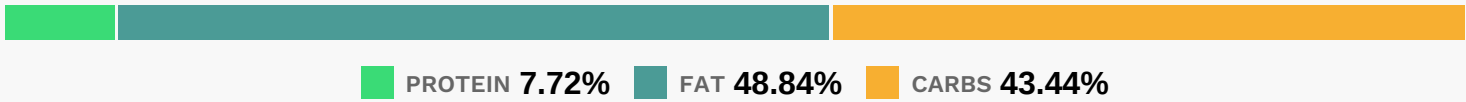
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix cream cheese spread, chives, oregano, thyme, red pepper and salt until well blended.
- ☐ Spread in 10-inch circle on 12-inch serving plate.
- ☐ Layer cheese mixture with carrot, onions and radishes.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:0.96826087545765%

Flavonoids

Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 45.59kcal (2.28%), Fat: 2.49g (3.83%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.42g (1.61%), Sugar: 1.1g (1.23%), Cholesterol: 4.39mg (1.46%), Sodium: 78.82mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin A: 433.77IU (8.68%), Vitamin K: 3.27µg (3.11%), Fiber: 0.57g (2.28%), Calcium: 17.03mg (1.7%), Iron: 0.26mg (1.43%), Vitamin C: 0.87mg (1.05%)