



Garden Vegetable Dip

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup cucumbers chopped
- 0.5 cup parsley fresh stemmed
- 3 Tbsp green onions sliced
- 0.5 tsp juice of lemon
- 8 oz philadelphia neufchatel cheese softened
- 3 drops pepper sauce hot
- 0.3 tsp salt
- 1 cup torn spinach leaves fresh

- 0.5 tsp tarragon leaves dried crushed
- 0.3 cup water cold

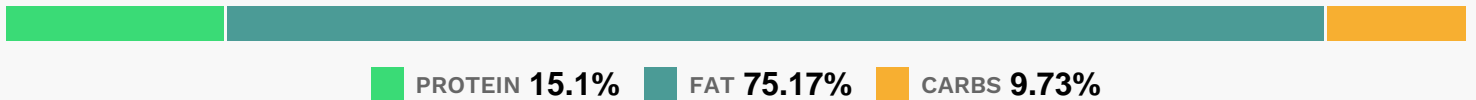
Equipment

- food processor
- bowl
- sauce pan
- blender

Directions

- Mix spinach, parsley, water, onions and tarragon in small saucepan. Bring to boil on medium-high heat. Reduce heat to low; cover. Simmer 1 min.; drain.
- Place spinach mixture in blender or food processor.
- Add remaining ingredients; cover. Blend until smooth.
- Place in serving bowl; cover.
- Refrigerate several hours or overnight.
- Serve with assorted cut-up fresh vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:4.468695661296%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 51.04kcal (2.55%), Fat: 4.36g (6.7%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.79g (0.88%), Cholesterol: 13.99mg (4.66%), Sodium: 122.25mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 57.11µg (54.39%), Vitamin A: 628.13IU (12.56%), Vitamin C: 4.88mg (5.91%), Folate: 13.66µg (3.41%), Phosphorus: 31.31mg (3.13%), Calcium: 31.25mg (3.13%), Vitamin B2: 0.04mg (2.4%), Manganese: 0.04mg (2.13%), Potassium: 74.57mg (2.13%), Iron: 0.31mg (1.73%), Magnesium: 6.72mg (1.68%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.02mg (1.11%), Vitamin E: 0.16mg (1.04%), Copper: 0.02mg (1.03%)