



## Garden Vegetable Dip

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



20 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

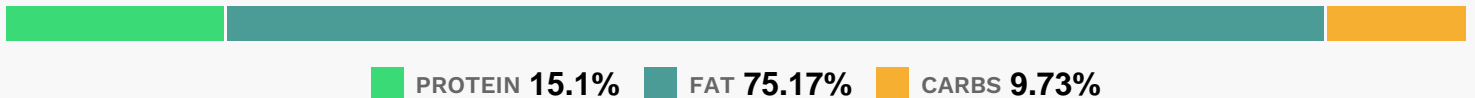
## Equipment

- 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:6.93, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.7873913075613%

## Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 20.42kcal (1.02%), Fat: 1.74g (2.68%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.32g (0.35%), Cholesterol: 5.59mg (1.86%), Sodium: 48.9mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin K: 22.84µg (21.75%), Vitamin A: 251.25IU (5.03%), Vitamin C: 1.95mg (2.36%), Folate: 5.46µg (1.37%), Phosphorus: 12.52mg (1.25%), Calcium: 12.5mg (1.25%)