



Garden Vegetable Herb Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



24

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup broccoli finely chopped
- 0.3 cup carrots finely chopped
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 Tbsp parsley fresh finely chopped
- 2 Tbsp green onion finely chopped
- 1 env. seasons dressing mix italian good

Equipment

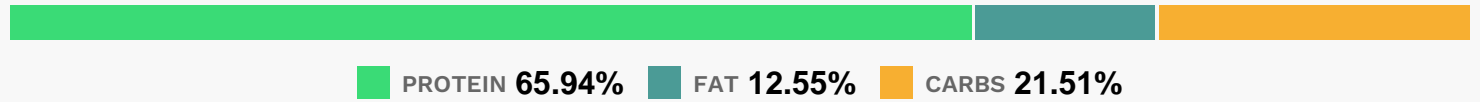
- food processor

- bowl
- blender

Directions

- Place cottage cheese in blender or food processor container; cover. Blend on low speed until pureed.
- Spoon into medium bowl. Stir in remaining ingredients; cover.
- Refrigerate several hours or until chilled.
- Serve with assorted crackers and fresh vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.3347826340924%

Flavonoids

Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 14.86kcal (0.74%), Fat: 0.2g (0.31%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.61g (0.67%), Cholesterol: 0.76mg (0.25%), Sodium: 81.34mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin K: 7.36µg (7.01%), Vitamin A: 267.87IU (5.36%), Phosphorus: 26.77mg (2.68%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.03mg (1.98%), Vitamin B12: 0.12µg (1.98%), Vitamin C: 1.41mg (1.71%), Calcium: 13.2mg (1.32%)