



Garlic Cucumber Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cream cheese softened
- 0.5 large cucumber diced peeled
- 1 clove garlic minced
- 0.3 small onion diced
- 8 servings salt and pepper to taste
- 4 ounces cup heavy whipping cream sour

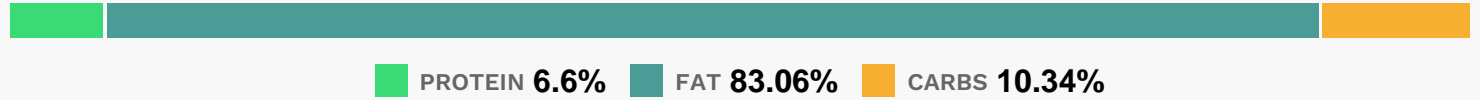
Equipment

- bowl

Directions

- In a medium bowl, stir together the cream cheese and sour cream.
- Mix in the cucumber, garlic, onion, salt and pepper. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:1.5886956479238%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 81.21kcal (4.06%), Fat: 7.66g (11.78%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.35g (1.5%), Cholesterol: 22.68mg (7.56%), Sodium: 243.19mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin A: 291.35IU (5.83%), Vitamin B2: 0.06mg (3.63%), Calcium: 31.82mg (3.18%), Phosphorus: 30.82mg (3.08%), Selenium: 1.83µg (2.61%), Potassium: 64.97mg (1.86%), Vitamin B5: 0.18mg (1.75%), Vitamin K: 1.79µg (1.7%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.11mg (1.28%), Manganese: 0.03mg (1.27%), Folate: 5µg (1.25%), Vitamin E: 0.18mg (1.21%), Vitamin C: 0.97mg (1.17%), Zinc: 0.16mg (1.04%), Vitamin B12: 0.06µg (1.02%)