

# Green Onion Dip I

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup parsley fresh
- 1 clove garlic minced
- 0.5 cup green onions sliced
- 1 cup mayonnaise
- 1 teaspoon mustard dijon-style prepared
- 1 cup cup heavy whipping cream sour

## Equipment

- food processor

blender

## Directions

In an electric blender or food processor, combine mayonnaise, sour cream, green onion, parsley, mustard, and garlic. Blend until smooth. Cover and chill before serving.

## Nutrition Facts

**PROTEIN 1.97%** **FAT 94.34%** **CARBS 3.69%**

## Properties

Glycemic Index:22, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:7.0608695719553%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 251.62kcal (12.58%), Fat: 26.59g (40.9%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.33g (1.48%), Cholesterol: 28.72mg (9.57%), Sodium: 196.75mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin K: 120.52µg (114.79%), Vitamin A: 576IU (11.52%), Vitamin C: 6.54mg (7.93%), Vitamin E: 1.09mg (7.28%), Calcium: 42.03mg (4.2%), Vitamin B2: 0.06mg (3.71%), Phosphorus: 33.47mg (3.35%), Folate: 12.88µg (3.22%), Selenium: 2.01µg (2.88%), Potassium: 82mg (2.34%), Iron: 0.42mg (2.33%), Vitamin B5: 0.17mg (1.69%), Magnesium: 6.67mg (1.67%), Vitamin B12: 0.09µg (1.57%), Manganese: 0.03mg (1.5%), Zinc: 0.21mg (1.4%), Vitamin B6: 0.03mg (1.31%), Fiber: 0.32g (1.28%), Copper: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.14%)