



Green Onion Dip II

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 2 bunches spring onion chopped
- 0.3 cup milk
- 10 servings salt to taste

Equipment

- bowl

Directions

In a medium bowl, blend cream cheese and milk. Use more milk as needed to obtain desired consistency. Stir in green onions and salt. Refrigerate until serving.

Nutrition Facts

PROTEIN 7.36% **FAT 85.12%** **CARBS 7.52%**

Properties

Glycemic Index:9.7, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:3.0369565668313%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 163.95kcal (8.2%), Fat: 15.81g (24.32%), Saturated Fat: 9.28g (57.98%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.11g (2.35%), Cholesterol: 46.54mg (15.51%), Sodium: 339.3mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin A: 666.91IU (13.34%), Vitamin K: 10.91µg (10.39%), Vitamin B2: 0.12mg (6.86%), Selenium: 4.05µg (5.78%), Phosphorus: 56.47mg (5.65%), Calcium: 55.08mg (5.51%), Vitamin B5: 0.28mg (2.85%), Vitamin E: 0.42mg (2.8%), Potassium: 82.31mg (2.35%), Vitamin B12: 0.13µg (2.21%), Zinc: 0.27mg (1.81%), Folate: 7.15µg (1.79%), Vitamin B6: 0.03mg (1.6%), Magnesium: 5.78mg (1.44%), Vitamin B1: 0.02mg (1.1%), Vitamin C: 0.9mg (1.09%)