



Herb Dill Dip



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

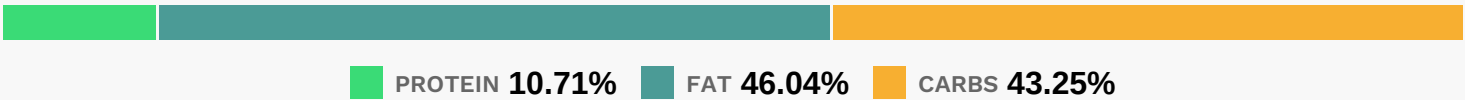
- ☐ 12 oz whipped cream cheese
- ☐ 0.5 cup clausen dill pickle halves chopped
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- ☐ 10 servings vegetables fresh assorted

Equipment

Directions

- ☐
- Stir together cream cheese and next 6 ingredients. Cover and chill at least 1 hour or up to 2 days.
- ☐
- Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:6.25, Inflammation Score:-10, Nutrition Score:10.846521603025%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.48kcal (7.42%), Fat: 8.08g (12.43%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 13.29g (4.83%), Sugar: 2.84g (3.15%), Cholesterol: 25.85mg (8.62%), Sodium: 148.38mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin A: 4999.96IU (100%), Vitamin K: 24.02µg (22.88%), Fiber: 3.79g (15.15%), Vitamin C: 11.67mg (14.15%), Manganese: 0.24mg (11.98%), Phosphorus: 86.63mg (8.66%), Vitamin B1: 0.13mg (8.59%), Folate: 30.25µg (7.56%), Potassium: 260.88mg (7.45%), Magnesium: 27.17mg (6.79%), Calcium: 64.5mg (6.45%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.2mg (5.97%), Iron: 1mg (5.54%), Vitamin B6: 0.11mg (5.49%), Copper: 0.1mg (4.75%), Zinc: 0.56mg (3.77%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.1µg (1.64%), Vitamin E: 0.24mg (1.61%), Selenium: 0.89µg (1.27%)