



Herb Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese fat free softened
- 1 tsp chives fresh chopped
- 1 tsp optional: dill fresh chopped
- 1 Tbsp parsley fresh chopped
- 0.5 tsp garlic powder
- 1 dash ground pepper black
- 3 Tbsp yogurt plain low-fat
- 0.5 tsp onion powder

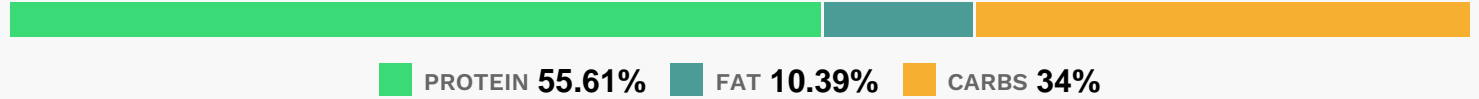
Equipment

Directions

Mix all ingredients until well blended; cover. Refrigerate several hours or until chilled.

Serve with fresh vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.035652147687%

Flavonoids

Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.89kcal (1.79%), Fat: 0.41g (0.63%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.1g (2.34%), Cholesterol: 3.85mg (1.28%), Sodium: 204.77mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Phosphorus: 160.73mg (16.07%), Calcium: 114.81mg (11.48%), Vitamin K: 8.16µg (7.77%), Vitamin B2: 0.09mg (5.43%), Vitamin B12: 0.31µg (5.19%), Zinc: 0.51mg (3.4%), Folate: 11.81µg (2.95%), Potassium: 103.41mg (2.95%), Vitamin B5: 0.29mg (2.88%), Selenium: 1.71µg (2.44%), Magnesium: 8.15mg (2.04%), Vitamin A: 65.34IU (1.31%), Vitamin B6: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.11%)