



Herbed Cheese Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



14

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 teaspoons milk
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 0.1 teaspoon garlic salt
- ☐ 1 serving savory vegetable raw
- ☐ 1 serving basil fresh

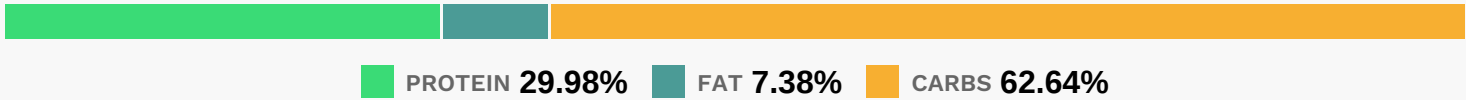
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, beat cream cheese, yogurt and milk with electric mixer on low speed until blended.
- ☐ Fold in parsley, chives, basil and garlic salt.
- ☐ Serve immediately with dippers, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.43, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:2.2447826015237%

Flavonoids

Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 10.17kcal (0.51%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.73g (0.81%), Cholesterol: 0.26mg (0.09%), Sodium: 31.46mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 20.74µg (19.75%), Vitamin A: 472.69IU (9.45%), Vitamin C: 2.63mg (3.19%), Calcium: 22.76mg (2.28%), Phosphorus: 19.53mg (1.95%), Vitamin B2: 0.03mg (1.71%), Folate: 5.53µg (1.38%), Potassium: 46.27mg (1.32%), Fiber: 0.32g (1.27%), Manganese: 0.03mg (1.27%), Magnesium: 4.39mg (1.1%)