



Italian Vegetable Dip

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



5

CALORIES



398 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream sour
- 1 1 env. good seasons italian or zesty italian dressing mix italian good
- 1 cup real mayo mayonnaise kraft
- 0.3 cup pasilla peppers green red finely chopped

Equipment

Directions

- Mix first 3 ingredients until well blended. Stir in peppers.
- Refrigerate several hours or until chilled.
- Serve with crackers, fresh vegetable dippers or chips.

Nutrition Facts

PROTEIN 1.62% FAT 95.56% CARBS 2.82%

Properties

Glycemic Index:12, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:5.8382610264032%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 397.69kcal (19.88%), Fat: 42.45g (65.3%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2g (2.23%), Cholesterol: 45.96mg (15.32%), Sodium: 319.92mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin K: 74.27µg (70.73%), Vitamin E: 1.67mg (11.15%), Vitamin C: 6.4mg (7.76%), Vitamin A: 343.27IU (6.87%), Vitamin B2: 0.09mg (5.17%), Calcium: 50.79mg (5.08%), Phosphorus: 45.86mg (4.59%), Selenium: 2.73µg (3.9%), Vitamin B12: 0.15µg (2.51%), Vitamin B5: 0.24mg (2.39%), Potassium: 79.5mg (2.27%), Vitamin B6: 0.04mg (1.96%), Zinc: 0.23mg (1.52%), Magnesium: 5.79mg (1.45%), Folate: 5.74µg (1.44%), Vitamin B1: 0.02mg (1.2%), Copper: 0.02mg (1.09%)