



## Jicama Spinach Dip

READY IN



205 min.

SERVINGS



48

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 10 ounce pkt spinach frozen thawed drained chopped
- 3 green onions chopped
- 1 small jicama minced peeled
- 2 cups mayonnaise
- 1.8 ounce leek soup mix dry
- 1 teaspoon paprika
- 1 bell pepper red chopped
- 32 ounce cup heavy whipping cream sour

# Equipment

bowl

# Directions

Mix together the mayonnaise, sour cream, leek soup mix, vegetable soup mix, paprika, black pepper, jicama, red bell pepper, green onion, and spinach in a bowl. Chill at least 3 hours or overnight.

# Nutrition Facts



**PROTEIN 3.41%** **FAT 86.56%** **CARBS 10.03%**

# Properties

Glycemic Index:3.67, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:4.3491304202572%

# Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 109.71kcal (5.49%), Fat: 10.71g (16.47%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.05g (1.17%), Cholesterol: 15.07mg (5.02%), Sodium: 155.43mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin K: 39.28µg (37.41%), Vitamin A: 923.97IU (18.48%), Vitamin C: 5.38mg (6.52%), Vitamin E: 0.64mg (4.28%), Manganese: 0.07mg (3.29%), Vitamin B2: 0.06mg (3.25%), Folate: 12.73µg (3.18%), Calcium: 30.88mg (3.09%), Fiber: 0.71g (2.84%), Phosphorus: 23.95mg (2.39%), Magnesium: 8.56mg (2.14%), Potassium: 73.8mg (2.11%), Selenium: 1.39µg (1.98%), Vitamin B6: 0.04mg (1.84%), Iron: 0.24mg (1.32%), Copper: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.15%), Vitamin B1: 0.02mg (1.11%)