



Kyle's Cucumber Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces cream cheese
- 1 cup cucumber seeded chopped
- 0.5 teaspoon dill weed dried
- 0.3 teaspoon garlic powder
- 0.5 teaspoon juice of lemon
- 0.3 teaspoon salt
- 0.5 cup cheddar cheese shredded

Equipment

bowl

Directions

Mix cream cheese, cucumber, Cheddar cheese, dill, lemon juice, garlic powder, and salt together in a bowl until thoroughly combined; refrigerate for 2 hours to blend flavors before serving.

Nutrition Facts



PROTEIN 10.61% **FAT 82.69%** **CARBS 6.7%**

Properties

Glycemic Index:6.17, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.7447826240374%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 87.05kcal (4.35%), Fat: 8.12g (12.5%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.89g (0.98%), Cholesterol: 23.8mg (7.93%), Sodium: 138.93mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin A: 311.43IU (6.23%), Calcium: 54.01mg (5.4%), Phosphorus: 44.62mg (4.46%), Selenium: 2.98µg (4.26%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.09µg (1.52%), Vitamin E: 0.2mg (1.35%), Potassium: 45.99mg (1.31%), Vitamin K: 1.31µg (1.25%), Magnesium: 4.55mg (1.14%), Folate: 4.31µg (1.08%), Vitamin B6: 0.02mg (1.07%)