



MIRACLE WHIP Radical Dip

 Gluten Free

READY IN



190 min.

SERVINGS



20

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

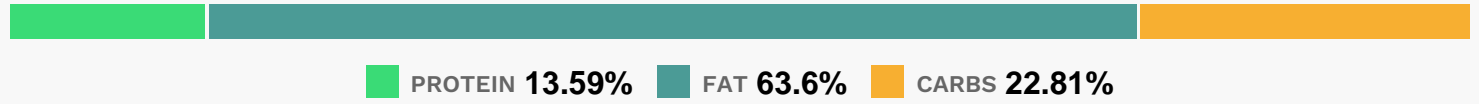
- 1 cup knudsen cream sour
- 1 tsp dill weed
- 1 Tbsp parsley fresh chopped
- 1 cup miracle whip dressing
- 1 Tbsp onions finely chopped
- 0.5 cup oscar mayer real bacon bits

Equipment

Directions

- Mix ingredients until blended.
- Refrigerate several hours.
- Serve with cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.6152173957747%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 43.84kcal (2.19%), Fat: 3.18g (4.9%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.73g (1.92%), Cholesterol: 11.97mg (3.99%), Sodium: 188.91mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 3.29µg (3.13%), Vitamin A: 96.84IU (1.94%), Calcium: 12.77mg (1.28%), Vitamin B2: 0.02mg (1.16%), Fiber: 0.26g (1.03%)