



Mixed Vegetables With Mexican Sour Cream Dip

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

Ingredients

- 8 ounce cucumber cut into 16 slices
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1.5 tablespoons juice of lime
- 1 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil extra-virgin

- 6 ounce bell pepper red cut into 16 strips
- 0.3 teaspoon salt
- 8 ounce baby squash cut into 16 slices

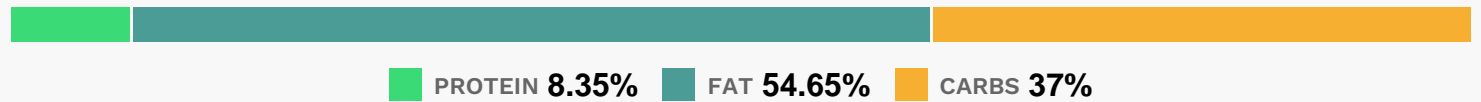
Equipment

- bowl

Directions

- Combine first 7 ingredients in a small bowl; stir until well blended.
- Serve with cucumber, red bell pepper, and squash.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:11.606087031572%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 103.53kcal (5.18%), Fat: 6.63g (10.21%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.43g (3.07%), Sugar: 2.71g (3.01%), Cholesterol: 13.42mg (4.47%), Sodium: 132.6mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin A: 5106.31IU (102.13%), Vitamin C: 47.02mg (56.99%), Vitamin E: 1.5mg (9.98%), Potassium: 335.33mg (9.58%), Vitamin B6: 0.17mg (8.6%), Folate: 33.32µg (8.33%), Calcium: 81.84mg (8.18%), Manganese: 0.14mg (7.22%), Fiber: 1.67g (6.7%), Magnesium: 25.7mg (6.42%), Vitamin K: 6.63µg (6.32%), Phosphorus: 56.66mg (5.67%), Vitamin B1: 0.08mg (5.5%), Vitamin B2: 0.09mg (5.25%), Vitamin B3: 0.79mg (3.97%), Iron: 0.63mg (3.52%), Copper: 0.07mg (3.41%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.16µg (2.68%), Zinc: 0.4mg (2.65%), Selenium: 1.46µg (2.09%)