



Mom's Famous Raw Vegetable Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons onion minced
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 1 cup cup heavy whipping cream sour

Equipment

- ☐ bowl

Directions

☐ Mix sour cream, mayonnaise, onion, parsley, dill, and seasoned salt in a bowl. Cover and refrigerate until ready to serve.

Nutrition Facts



PROTEIN 1.57% **FAT 95.95%** **CARBS 2.48%**

Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.3595652538149%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 247.54kcal (12.38%), Fat: 26.52g (40.8%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.16g (1.29%), Cholesterol: 28.72mg (9.57%), Sodium: 768.13mg (33.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 46.48µg (44.27%), Vitamin E: 1.03mg (6.85%), Vitamin A: 201.36IU (4.03%), Calcium: 31.84mg (3.18%), Vitamin B2: 0.05mg (3.17%), Phosphorus: 27.91mg (2.79%), Selenium: 1.71µg (2.45%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.46%), Potassium: 42.71mg (1.22%)