



Parmesan-Sour Cream Dip

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cream sour low-fat
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup parmesan freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 5 servings cherry tomatoes such as celery, cherry tomatoes and baby carrots for dipping,

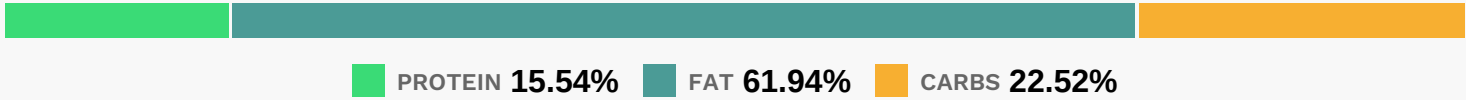
Equipment

- ☐ bowl

Directions

- ☐ Combine sour cream, mayonnaise, cheese, garlic powder and salt in a small bowl.
- ☐ Mix well and serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:9.0695652028789%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 166.98kcal (8.35%), Fat: 11.81g (18.17%), Saturated Fat: 5.35g (33.47%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.61g (3.13%), Sugar: 3.9g (4.34%), Cholesterol: 25.25mg (8.42%), Sodium: 366.58mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin C: 34.16mg (41.41%), Calcium: 200.18mg (20.02%), Vitamin A: 956.34IU (19.13%), Phosphorus: 145.3mg (14.53%), Vitamin K: 13.67µg (13.02%), Potassium: 432.29mg (12.35%), Manganese: 0.16mg (7.98%), Vitamin E: 1.17mg (7.82%), Vitamin B2: 0.12mg (7.19%), Vitamin B6: 0.14mg (6.91%), Selenium: 4.58µg (6.54%), Folate: 25.35µg (6.34%), Iron: 1.14mg (6.34%), Copper: 0.12mg (6.18%), Magnesium: 22.49mg (5.62%), Vitamin B12: 0.32µg (5.33%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.73mg (4.84%), Vitamin B3: 0.85mg (4.24%), Fiber: 1.05g (4.2%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.15µg (1.02%)