



Party Vegetable Sandwich Spread



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



126 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.7 cup carrots grated
- ☐ 0.3 cup celery chopped
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup cucumber chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons mayonnaise
- ☐ 0.3 cup onion minced

☐ 0.3 teaspoon salt

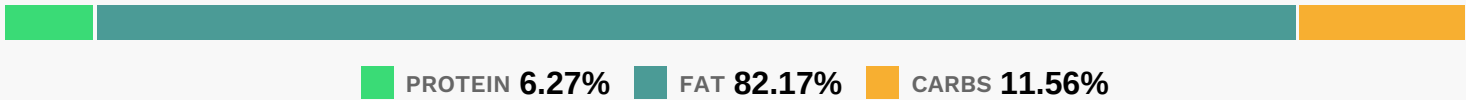
Equipment

☐ bowl

Directions

- ☐ Combine grated carrots, chopped green bell pepper, minced onion, chopped cucumber, and chopped celery in a bowl.
- ☐ Mix well.
- ☐ Combine softened cream cheese, salt, lemon juice, and mayonnaise in a separate bowl and beat until fluffy. Fold vegetable mixture into cream cheese mixture and mix well.
- ☐ Cover and refrigerate at least 1 hour before spreading.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:4.3421739148705%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 126.14kcal (6.31%), Fat: 11.78g (18.12%), Saturated Fat: 6.05g (37.78%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.1g (2.34%), Cholesterol: 29.74mg (9.91%), Sodium: 188.7mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 2199.13IU (43.98%), Vitamin C: 6.43mg (7.79%), Vitamin K: 7.87µg (7.5%), Vitamin B2: 0.08mg (4.58%), Phosphorus: 38.93mg (3.89%), Selenium: 2.55µg (3.65%), Calcium: 34.96mg (3.5%), Potassium: 105.26mg (3.01%), Vitamin E: 0.43mg (2.89%), Vitamin B6: 0.05mg (2.67%), Vitamin B5: 0.23mg (2.29%), Fiber: 0.55g (2.21%), Folate: 8.59µg (2.15%), Manganese: 0.04mg (1.88%),

Magnesium: 5.9mg (1.47%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.2mg (1.33%), Vitamin B12: 0.07µg (1.09%), Copper: 0.02mg (1.01%)