



Pesto Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup mayonnaise
- ☐ 7 ounce basil pesto
- ☐ 0.8 cup cream sour

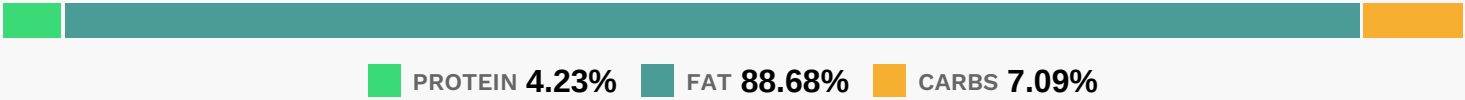
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a medium bowl until blended. Cover and chill.
- ☐ Serve with assorted fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:2.2447826000659%

Nutrients (% of daily need)

Calories: 190.94kcal (9.55%), Fat: 18.85g (28.99%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.93g (2.15%), Cholesterol: 18.47mg (6.16%), Sodium: 290.94mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Vitamin A: 651.34IU (13.03%), Vitamin K: 11.76µg (11.2%), Calcium: 70.9mg (7.09%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 24.23mg (2.42%), Vitamin E: 0.32mg (2.11%), Selenium: 1.24µg (1.77%), Fiber: 0.4g (1.59%), Vitamin B12: 0.09µg (1.47%), Vitamin B5: 0.11mg (1.13%), Potassium: 38.48mg (1.1%)