



## PHILADELPHIA® Cucumber Dip with Herbs

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



12

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese softened
- 1 cup cucumber shredded drained well finely
- 0.5 tsp dill weed
- 0.3 tsp garlic fresh minced
- 0.5 tsp juice of lemon
- 0.3 tsp salt
- 0.5 cup swiss cheese shredded kraft

### Equipment

## Directions

- Mix all ingredients until well blended; cover.
- Refrigerate at least 2 hours or until ready to serve.

## Nutrition Facts

**PROTEIN 11.31%** **FAT 82.31%** **CARBS 6.38%**

## Properties

Glycemic Index:9.5, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:1.7895652065459%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

## Nutrients (% of daily need)

Calories: 85.3kcal (4.26%), Fat: 7.92g (12.18%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.87g (0.97%), Cholesterol: 23.27mg (7.76%), Sodium: 116.35mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Calcium: 60.09mg (6.01%), Vitamin A: 299.49IU (5.99%), Phosphorus: 48.49mg (4.85%), Selenium: 3µg (4.29%), Vitamin B2: 0.06mg (3.53%), Vitamin B12: 0.18µg (2.96%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.15mg (1.54%), Vitamin E: 0.19mg (1.29%), Potassium: 43.71mg (1.25%), Vitamin K: 1.26µg (1.2%), Magnesium: 4.55mg (1.14%), Vitamin B6: 0.02mg (1.01%)