



PHILADELPHIA® Refreshing Dill Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 1 medium cucumber peeled seeded chopped
- 1.5 tsp dill weed
- 2 Tbsp milk
- 2 Tbsp onion finely chopped
- 0.5 cup classic ranch dressing kraft

Equipment

- bowl

hand mixer

Directions

- Beat cream cheese, dressing and milk in small bowl with electric mixer on medium speed until well blended.
- Add remaining ingredients; mix well. Cover. Refrigerate several hours or until chilled.
- Serve with assorted cut-up vegetables.

Nutrition Facts

 PROTEIN 5.21%  FAT 86.87%  CARBS 7.92%

Properties

Glycemic Index:12.2, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:2.6730434875125%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 136kcal (6.8%), Fat: 13.27g (20.42%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.92g (2.14%), Cholesterol: 26.39mg (8.8%), Sodium: 180.97mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin K: 18.02µg (17.16%), Vitamin A: 329.68IU (6.59%), Phosphorus: 54.43mg (5.44%), Vitamin B2: 0.07mg (4.26%), Selenium: 2.46µg (3.51%), Calcium: 32.35mg (3.24%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.29mg (2.87%), Potassium: 72.48mg (2.07%), Vitamin B6: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.44%), Folate: 5.74µg (1.43%), Magnesium: 5.62mg (1.41%), Manganese: 0.03mg (1.25%), Zinc: 0.18mg (1.23%), Copper: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.06%)