



## PHILLY Mediterranean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup cucumbers seedless chopped
- 8 oz philadelphia neufchatel cheese softened
- 1 plum tomatoes chopped
- 2 Tbsp onions red finely chopped
- 2 Tbsp greek vinaigrette dressing kraft

### Equipment

## Directions

- Spread Neufchatel onto bottom of 9-inch pie plate.
- Mix remaining ingredients; spoon over Neufchatel.
- Serve with crackers or assorted cut-up fresh vegetables.

## Nutrition Facts

**PROTEIN 11.57%** **FAT 80.7%** **CARBS 7.73%**

## Properties

Glycemic Index:10.7, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.5265217397524%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 74.46kcal (3.72%), Fat: 6.79g (10.45%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.14g (1.27%), Cholesterol: 16.78mg (5.59%), Sodium: 76.3mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin A: 247.21IU (4.94%), Vitamin K: 4.52µg (4.31%), Phosphorus: 34.76mg (3.48%), Calcium: 28.55mg (2.85%), Vitamin B2: 0.04mg (2.27%), Vitamin E: 0.27mg (1.83%), Potassium: 61.39mg (1.75%), Vitamin B5: 0.15mg (1.54%), Vitamin C: 1.21mg (1.47%), Zinc: 0.21mg (1.41%), Folate: 5.42µg (1.35%), Vitamin B12: 0.07µg (1.13%), Selenium: 0.75µg (1.07%)