



Quick Creamy Vegetable Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sticks baby carrots
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup roasted peppers red jarred drained chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour

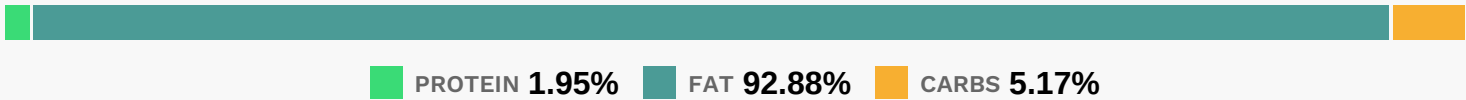
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 9 ingredients in a medium bowl. Cover and chill at least 2 hours.
- ☐ Serve dip with baby carrots, celery sticks, and radish slices.
- ☐ *1 (2-ounce) jar diced pimiento, drained, may be substituted.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.9247825612193%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 102.13kcal (5.11%), Fat: 10.63g (16.36%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.72g (0.8%), Cholesterol: 11.49mg (3.83%), Sodium: 240.57mg (10.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 18.77µg (17.88%), Vitamin C: 5.06mg (6.14%), Vitamin E: 0.43mg (2.84%), Vitamin A: 125IU (2.5%), Calcium: 15.49mg (1.55%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 13.93mg (1.39%), Vitamin B6: 0.03mg (1.29%), Manganese: 0.02mg (1.07%), Selenium: 0.73µg (1.04%), Potassium: 35.2mg (1.01%)