



Quick Dill Dip

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



5

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

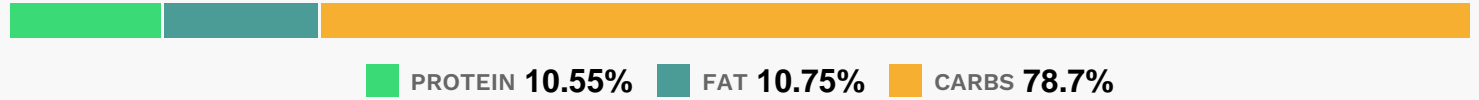
- 16 oz knudsen cream fat free sour
- 1 Tbsp dill weed
- 1 Tbsp onion dried minced
- 1 cup miracle whip dressing light
- 1 Tbsp parsley flakes

Equipment

Directions

- Mix all ingredients; cover. Refrigerate several hours or overnight.
- Serve with assorted crackers or vegetable dippers.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.5326086496529%

Flavonoids

Apigenin: 14.41mg, Apigenin: 14.41mg, Apigenin: 14.41mg, Apigenin: 14.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 114.43kcal (5.72%), Fat: 1.4g (2.15%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 21.91g (7.97%), Sugar: 6g (6.67%), Cholesterol: 12.75mg (4.25%), Sodium: 531.5mg (23.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Calcium: 122.84mg (12.28%), Phosphorus: 93.21mg (9.32%), Vitamin B2: 0.14mg (8.53%), Selenium: 4.9µg (7%), Vitamin A: 279.08IU (5.58%), Potassium: 167.41mg (4.78%), Fiber: 1.15g (4.59%), Vitamin B12: 0.27µg (4.54%), Vitamin K: 4.39µg (4.18%), Zinc: 0.49mg (3.27%), Folate: 12.34µg (3.08%), Magnesium: 11.32mg (2.83%), Vitamin B1: 0.04mg (2.8%), Manganese: 0.05mg (2.31%), Vitamin B6: 0.04mg (1.86%), Vitamin C: 1.22mg (1.48%), Copper: 0.02mg (1.06%)