

Radish Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 4 cloves garlic peeled
- 6 radishes quartered

Equipment

- food processor

Directions

- Place garlic in the container of a food processor, and pulse until finely minced.
- Add radishes, and mince.
- Add cream cheese, and mix until well blended.
- Transfer to a serving dish, and chill until serving.

Nutrition Facts

■ **PROTEIN 7.03%**
■ **FAT 85.69%**
■ **CARBS 7.28%**

Properties

Glycemic Index:11.13, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:2.9778260834839%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.16kcal (10.06%), Fat: 19.51g (30.02%), Saturated Fat: 11.46g (71.6%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.2g (2.45%), Cholesterol: 57.27mg (19.09%), Sodium: 179.46mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin A: 761.81IU (15.24%), Vitamin B2: 0.13mg (7.84%), Selenium: 5.11µg (7.3%), Phosphorus: 63.56mg (6.36%), Calcium: 58.46mg (5.85%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.05mg (2.62%), Potassium: 87.85mg (2.51%), Vitamin B12: 0.12µg (2.08%), Zinc: 0.31mg (2.06%), Manganese: 0.03mg (1.67%), Folate: 5.9µg (1.47%), Magnesium: 5.78mg (1.44%), Vitamin K: 1.26µg (1.2%), Vitamin C: 0.91mg (1.11%), Vitamin B1: 0.02mg (1.09%)