



Ranch Dip with Vegetables

 Vegetarian  Gluten Free

READY IN

ready

80 min.

SERVINGS

servings

12

CALORIES

calories

121 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 carrots cut into sticks
- ☐ 6 rib celery cut into sticks
- ☐ 9 ounces cherry tomatoes
- ☐ 1 cucumber seedless cut into sticks usually plastic-wrapped
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon garlic minced

- ☐ 1 small jicama peeled halved lengthwise cut into sticks
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour

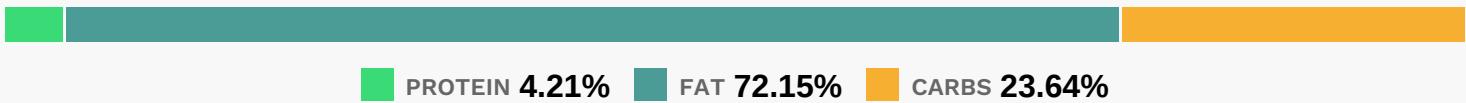
Equipment

- ☐ bowl

Directions

- ☐ Stir together sour cream, mayonnaise, parsley, chives, garlic, salt, and pepper in a bowl until combined well. Chill dip, covered, until slightly thickened, at least 1 hour (for flavors to develop).
- ☐ Serve dip with vegetables.

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:0.89, Inflammation Score:-9, Nutrition Score:9.2430434975287%

Flavonoids

Apigenin: 3.61mg, Apigenin: 3.61mg, Apigenin: 3.61mg, Apigenin: 3.61mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 120.52kcal (6.03%), Fat: 9.92g (15.26%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 4.88g (1.78%), Sugar: 3.04g (3.38%), Cholesterol: 12.4mg (4.13%), Sodium: 131.63mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 3808.27IU (76.17%), Vitamin K: 52.22µg (49.74%), Vitamin C: 15.76mg (19.1%), Fiber: 2.43g (9.72%), Potassium: 227.44mg (6.5%), Manganese: 0.1mg (5.22%), Vitamin E: 0.78mg (5.18%), Folate: 16.95µg (4.24%), Phosphorus: 39.16mg (3.92%), Vitamin B6: 0.08mg (3.91%), Vitamin B2: 0.06mg (3.68%), Calcium: 35.56mg (3.56%), Magnesium: 14.11mg (3.53%), Iron: 0.61mg (3.39%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.67%), Vitamin B5: 0.26mg (2.65%), Vitamin B3: 0.44mg (2.21%),

Zinc: 0.26mg (1.75%), Selenium: 1.18µg (1.69%)