



Refreshing Dill Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese fat-free softened
- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 1.5 teaspoons dillweed dried
- ☐ 2 tablespoons onion minced
- ☐ 0.5 cup nonfat ranch dressing

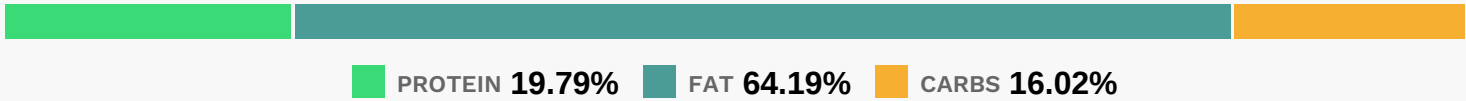
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese and Ranch dressing at medium speed with an electric mixer until smooth. Stir in cucumber, onion, and dillweed. Cover and chill 1 hour.
- ☐ Serve dip with raw vegetables.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0447825995962%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 24.69kcal (1.23%), Fat: 1.75g (2.7%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.68g (0.75%), Cholesterol: 1.83mg (0.61%), Sodium: 83.79mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin K: 5.49µg (5.23%), Phosphorus: 45.8mg (4.58%), Calcium: 27.79mg (2.78%), Vitamin B2: 0.02mg (1.41%), Vitamin B12: 0.07µg (1.23%), Vitamin B5: 0.11mg (1.05%)