



Ricotta & spring onion dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 g ricotta cheese
- ☐ 3 spring onion roughly chopped
- ☐ 0.5 juice of lemon
- ☐ 50 g yogurt
- ☐ 1 sticks cucumber

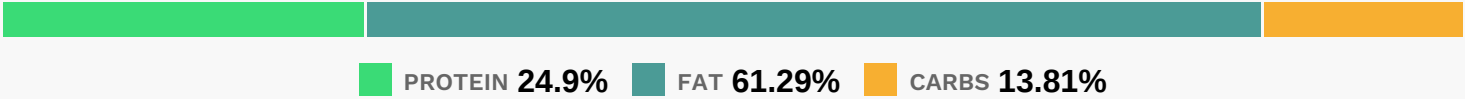
Equipment

- ☐ food processor

Directions

☐ Whizz the ricotta, spring onions, lemon zest, juice, soured cream and some seasoning in a food processor. Scatter with more sliced spring onions to serve, and eat with cucumber sticks or toast.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:3.6378260539926%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 76.85kcal (3.84%), Fat: 5.3g (8.16%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.02g (1.13%), Cholesterol: 20.75mg (6.92%), Sodium: 38.77mg (1.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin K: 19.23µg (18.31%), Calcium: 99.77mg (9.98%), Selenium: 5.77µg (8.25%), Phosphorus: 75.23mg (7.52%), Vitamin B2: 0.1mg (5.84%), Vitamin A: 270.83IU (5.42%), Vitamin C: 3.28mg (3.97%), Zinc: 0.55mg (3.66%), Folate: 12.2µg (3.05%), Vitamin B12: 0.17µg (2.9%), Potassium: 90.51mg (2.59%), Magnesium: 7.92mg (1.98%), Iron: 0.29mg (1.61%), Vitamin B5: 0.15mg (1.46%), Vitamin B6: 0.03mg (1.42%), Fiber: 0.26g (1.04%)