



Roasted Potato-Garlic Dip

 Gluten Free

READY IN



30 min.

SERVINGS



28

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 oz potatoes frozen with garlic & herb sauce
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 0.5 teaspoon chicken soup base
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 serving savory vegetable fresh assorted

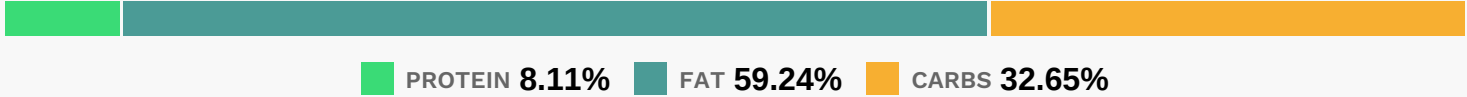
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Cook potatoes as directed on bag. In medium bowl, place potatoes; let stand until slightly cooled, 10 to 15 minutes.
- ☐ Meanwhile, in another medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add sour cream, bouillon and garlic; beat until smooth.
- ☐ Mash potatoes with potato masher until slightly smooth.
- ☐ Add to sour cream mixture; beat on medium speed until well combined. Gently stir in parsley.
- ☐ Serve with assorted vegetables. Store dip in refrigerator.
- ☐ Let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:2.0317391494046%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 53.73kcal (2.69%), Fat: 3.63g (5.58%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.6g (0.67%), Cholesterol: 10.61mg (3.54%), Sodium: 38.09mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin A: 323.87IU (6.48%), Vitamin C: 4.58mg (5.55%), Vitamin K: 5.28µg (5.03%), Vitamin B6: 0.07mg (3.39%), Potassium: 105.83mg (3.02%), Phosphorus: 25.06mg (2.51%), Fiber: 0.56g (2.26%), Vitamin B2: 0.04mg (2.06%), Manganese: 0.04mg (2.05%), Magnesium: 6.53mg (1.63%), Calcium: 15.78mg (1.58%), Vitamin B1: 0.02mg (1.5%), Folate: 5.44µg (1.36%), Selenium: 0.94µg (1.35%), Copper: 0.03mg (1.34%), Vitamin B3: 0.26mg (1.3%), Vitamin B5: 0.12mg (1.24%), Iron: 0.21mg (1.18%)