



Roasted Potato-Garlic Dip

 Gluten Free

READY IN



30 min.

SERVINGS



28

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

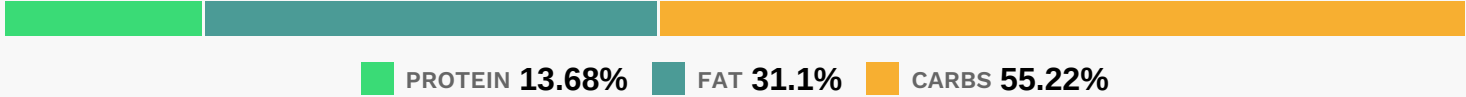
Equipment

- ☐ 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:6.47, Inflammation Score:-10, Nutrition Score:10.020434729431%

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: 109.89kcal (5.49%), Fat: 4.08g (6.28%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 12.23g (4.45%), Sugar: 0.6 g (0.67%), Cholesterol: 10.61mg (3.54%), Sodium: 79.34mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 4779.81IU (95.6%), Vitamin C: 13.7mg (16.61%), Fiber: 4.07g (16.3%), Manganese: 0.26mg (12.76%), Vitamin B1: 0.13mg (8.64%), Potassium: 291.86mg (8.34%), Folate: 30.89µg (7.72%), Phosphorus: 76.83mg (7.68%), Vitamin B6: 0.15mg (7.6%), Magnesium: 27.59mg (6.9%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.11mg (6.45%), Iron: 1.05mg (5.81%), Copper: 0.11mg (5.42%), Vitamin K: 5.28µg (5.03%), Calcium: 37.72mg (3.77%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.27mg (2.67%), Selenium:

1.3μg (1.85%)